

Today's Self-Care Menu

Choose what you actually need.

IF YOU NEED COMFORT

☐ Tea	☐ Blanket
☐ Familiar show	☐ Call someone

IF YOU NEED ENERGY

☐ Sunlight	☐ Music
☐ Shower	☐ Short walk

IF YOU NEED SPACE

☐ Notifications off	☐ Quiet room
☐ Journal	☐ Early night

IF YOU NEED CLARITY

☐ Brain dump	☐ Voice note
☐ One small decision	

What do I actually need today?

One small thing I can do for myself:
