

45 DAYS LEFT!

SELF CARE FOR THE SEMESTER

A LITTLE SELF CARE EVERY DAY GOES A LONG WAY

45

Relax today by lighting your favorite candle or diffuse some soothing essential oils

44

Put on your favorite songs and dance like nobody's watching

43

Wash your makeup brushes or give your favorite sneakers a bath (try a Mr. Clean magic eraser for those white soles)

42

Reset with a long, hot shower or bath

41

Write down 10 things you're grateful for and put them somewhere you can see them

40

Grab your favorite markers or colored pencils and try an adult coloring book

39

Explore some podcasts, find one that reels you in



38 DAYS LEFT!

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38

Do a face mask, try something cooling like the Sephora Freezing mask or a soft, rejuvenating clay mask

37

Cook your favorite meal. If your mom makes something you love, ask her to teach you!

36

Try embroidery, get on YouTube, find some tutorials, and revamp your jeans or make a design on a frocket

35

Watch your favorite childhood movie in your PJs

34

Make your bed as comfortably as possible, maybe try some extra pillows or blankets

33

Sort through and donate clothes you don't wear, make some space for something new

32

Write a letter to someone you love or miss, it'll brighten their day



31 DAYS LEFT!

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31

Try a foam roller or grab a tennis ball. Any small sports ball will do, just roll out those muscles!

30

Make a list of things you love about you

29

Plan your dream vacation, you don't have to go, but set out something you'd really like to do one day and plan everything you'd want to see and do

28

Bake something new you've never made before

27

Try gardening, succulents are great for beginners, or maybe try a tiny herb garden DIY

26

Do what you loved as a kid. Play with Legos, go roller skating, go to the park and swing

25

DIY a decoration for your room or study space



24 DAYS LEFT!

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24

Edit your social media feeds, and take out any negative people. You can just “mute” them; you don’t have to delete them

23

Reorganize something you’ve been putting off, get rid of the clutter in your room

22

Eat dessert first! Forget the rules and eat what YOU want

21

Download an app like Calm or Aura and try some guided meditation

20

Check out YouTube for some crafts using objects around the house

19

Do some simple yoga poses, try a video for beginners

18

Infuse some water with your favorite fruit and enjoy it slowly



17 DAYS LEFT!

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17

FaceTime someone you love, just seeing them might brighten your day more than any message could

16

Start your day by sitting outside with a cup of hot tea

15

Fix something! Old jewelry broken, a jacket missing a button, or a wobbly table leg, Google how to fix it and get it done!

14

Start a new show, by yourself or with a friend

13

Look up the history of your hometown, learn something new and interesting

12

Throw your blanket in the dryer for 10 minute and watch a movie in your warm blankie



11 DAYS LEFT!

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11

Read a book for an hour with your phone far away

10

Watch a sunrise or sunset, forget the social media and posting to your story, just watch and enjoy

9

Do some creative writing. Try poetry, write a song, tell a whimsical story.

8

Make your bed as comfortably as possible, maybe try some extra pillows or blankets

7

Ask someone you love to brush your hair

6

Make a mood playlist, notice how you're feeling and build music around it



JUST 5 DAYS LEFT!

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5

Grab a blanket and go stargazing in your backyard

4

Throw open the shades, ditch the curtains and let the light in while you work

3

Let it out. If you're feeling down, stressed, or overwhelmed, take some time for yourself and just let it go with a good cry or a journaling session.

2

Take some nice pictures, pick 10 things you wouldn't usually photograph, and highlight their beauty with your pics

1

Embrace silence. Sit alone somewhere peaceful, turn off your brain and your phone, and just breathe.

