

Winter Self-care

IDEAS

1. Stay hydrated and drink plenty of water.
2. Have a pajama day.
3. Get cozy in front of the fireplace.
4. Curl up with a blanket and read.
5. Take a warm bath.
6. Get a hot stone massage.
7. Keep your feet warm with fuzzy socks.
8. Try out different teas.
9. Invest in your skincare.
10. Watch feel-good movies.
11. Bring new life into your home with an indoor plant.
12. Wear cozy and comfortable clothes.
13. Get creative with indoor crafts.
14. Dress up warmly and go outside at least once a day.
15. Try new soup or stew recipes.
16. Stretch and do yoga.
17. Light seasonal scent candles.
18. Get some winter sun.
19. Keep or start an exercise routine.
20. Practice gratitude.
21. Do a hydrating face mask.
22. Invite people over.
23. Use a lip balm to prevent chapped lips.
24. Make a Winter bucket list.

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