



SUMMER SELF CARE "JUST BECAUSE" LIST

A short list of do-able items that require only my willingness to do them.

- Get a massage.
- Spend time out in the garden.
- Make myself a batch of infused water to sip on.
- Watch the sun rise or set.
- Look at the stars.
- Take a mental health day—and feel not an ounce of guilt about it.
- Put on a homemade face mask.
- Take a bubble bath—complete with candles and calming music.
- Pick or buy a bouquet of fresh flowers.