



the ABCs of SELF-CARE

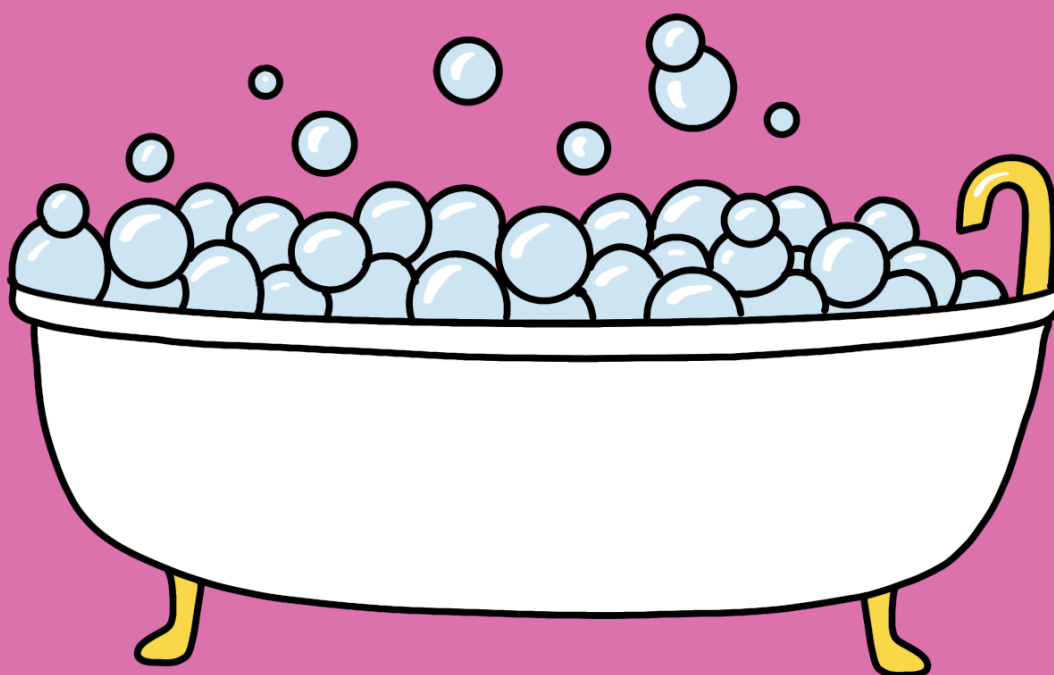
@POSITIVELYPRESENT

A



ASK FOR HELP

B



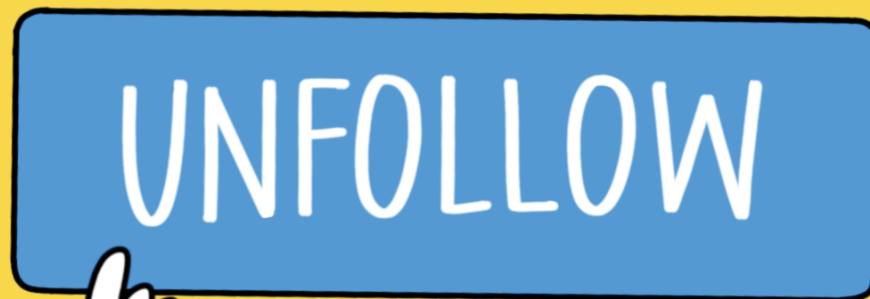
BUBBLE BATH TIME!

C



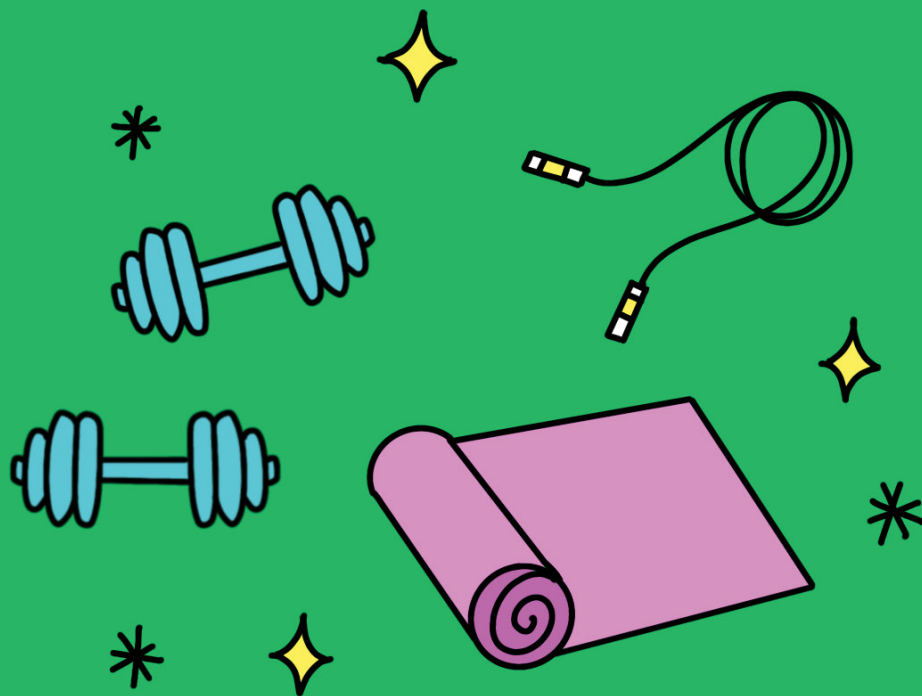
CREATE SOMETHING

D



DO A DIGITAL DETOX

E



EXERCISE

F



FIX YOURSELF UP

G



GET GRATEFUL

H



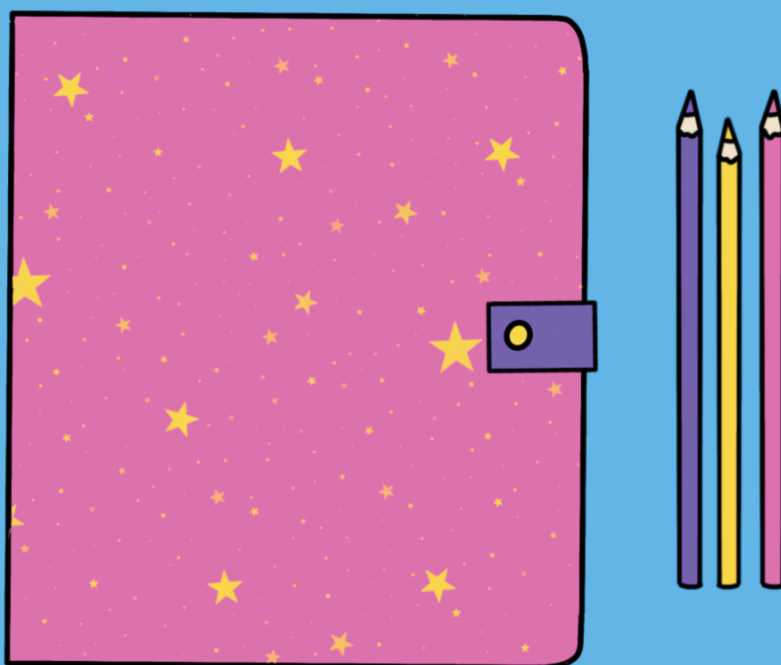
HYDRATE

I



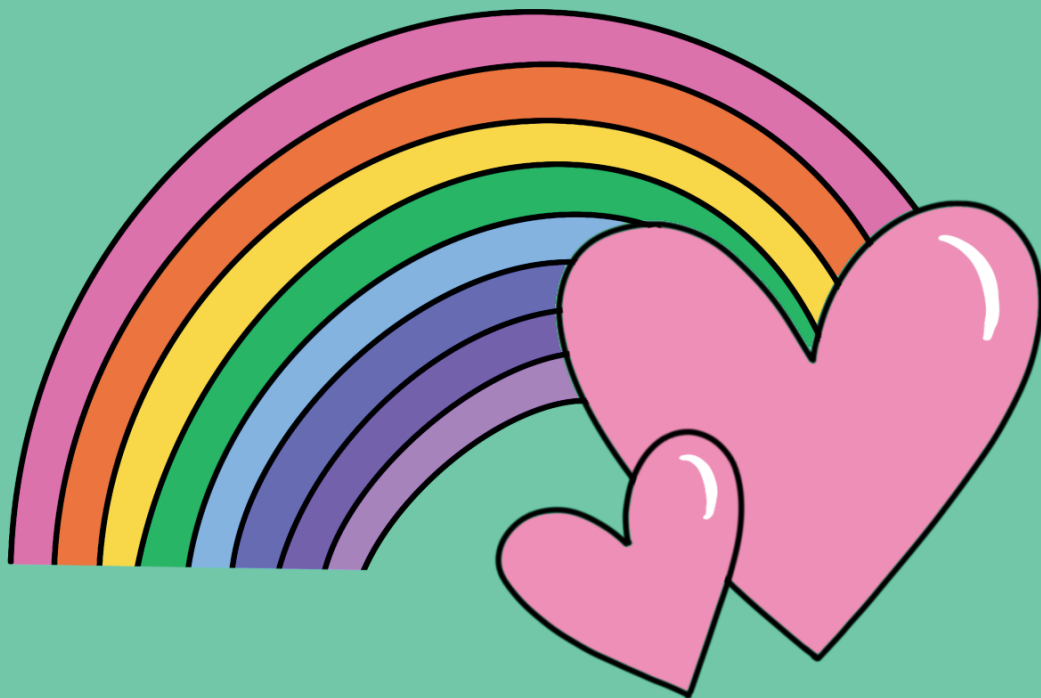
IDENTIFY INSPIRATION

J



KEEP A JOURNAL

K



KEEP BEING KIND

L



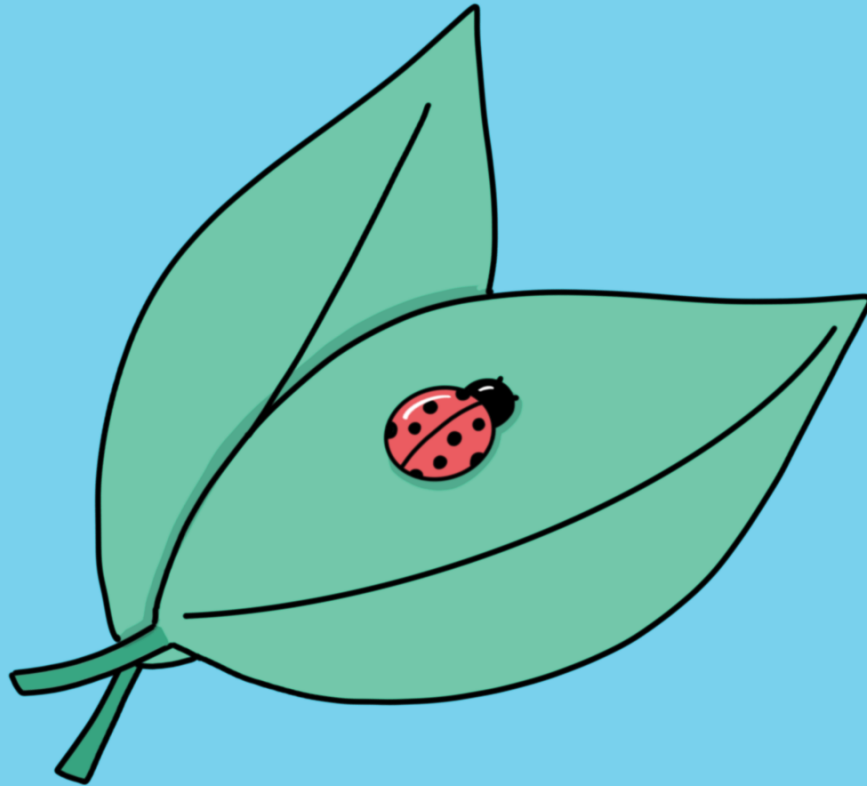
LAUGH – A LOT!

M



MAKE MUSIC (OR PLAYLISTS!)

N



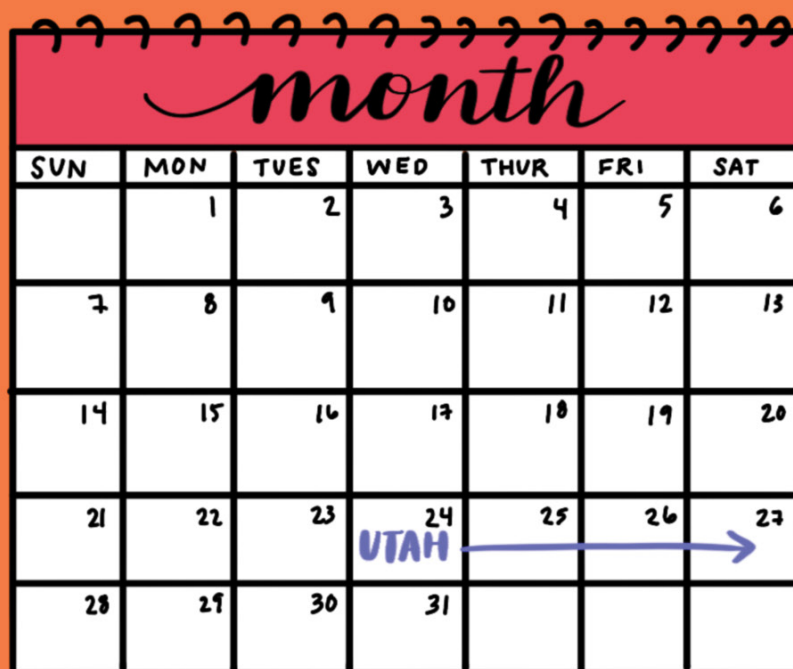
NOTICE NATURE

O



ORGANIZE
& DONATE

P



PLAN SOMETHING

Q



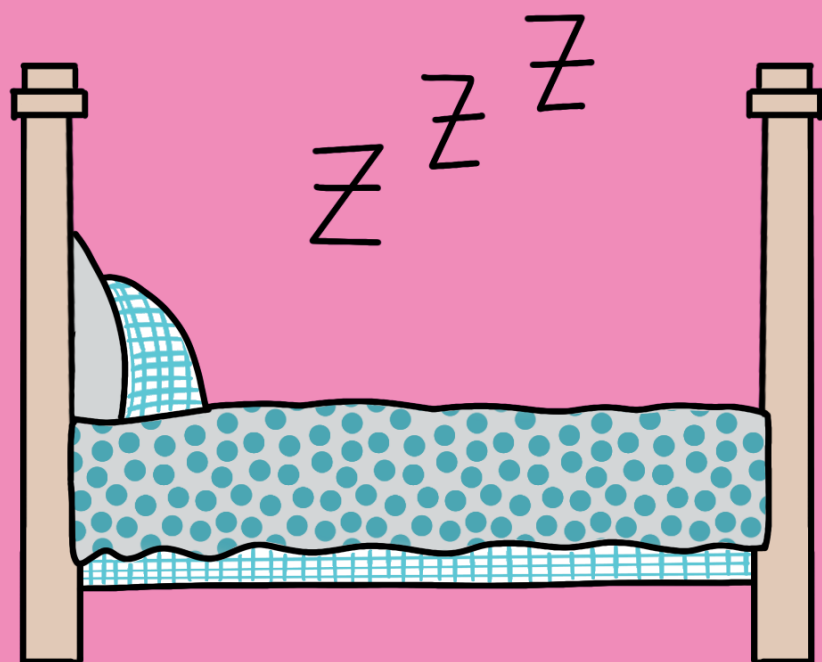
QUIET TIME

R



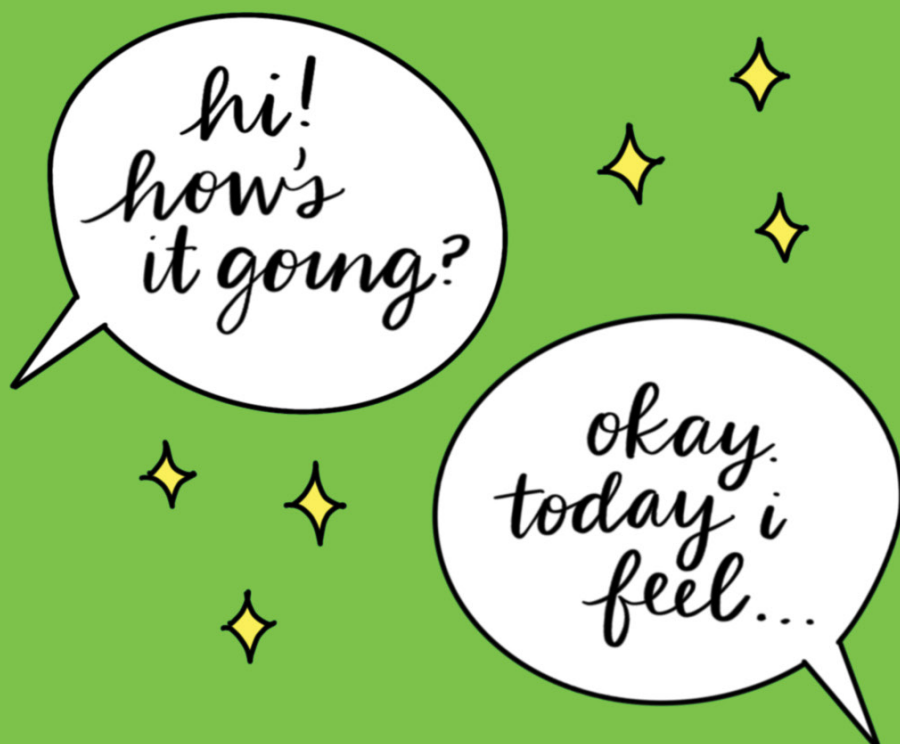
READ MORE BOOKS

S



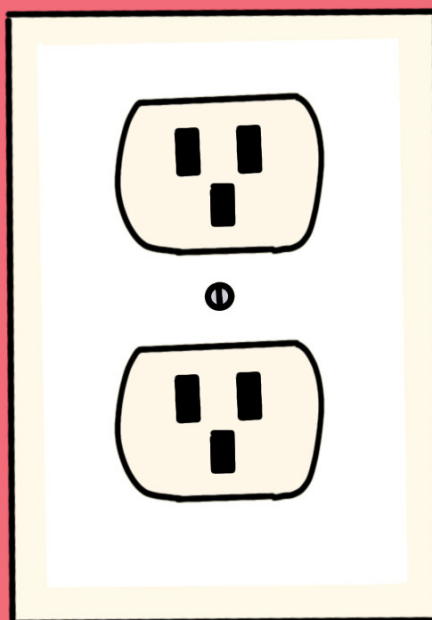
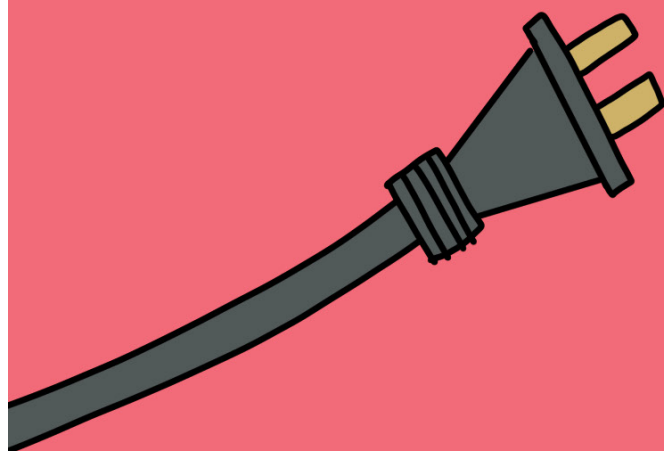
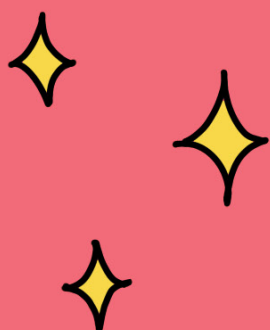
SLEEP & REST

T



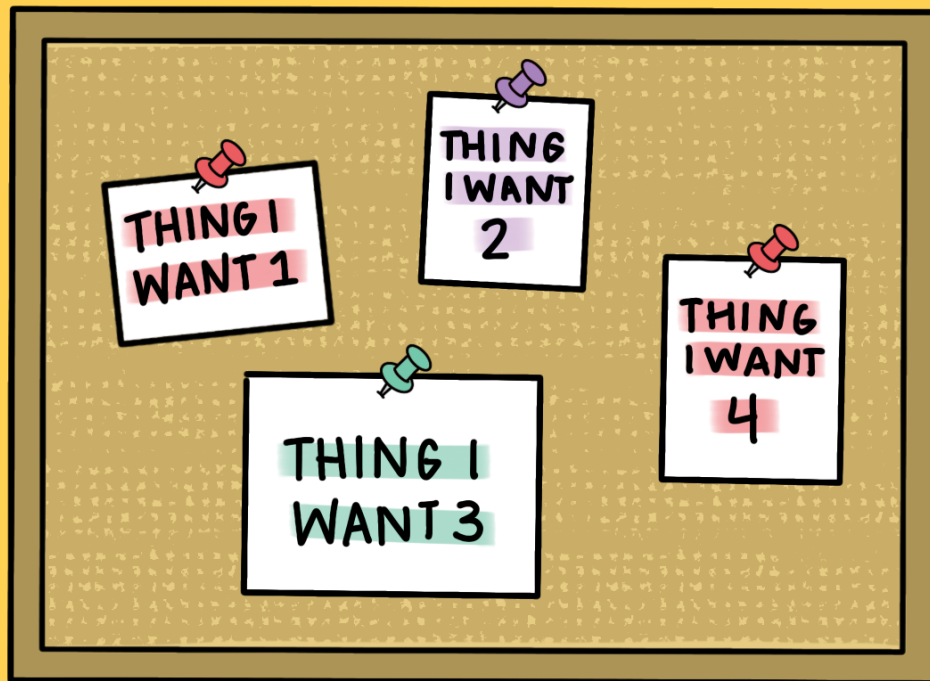
TALK ABOUT
YOUR FEELINGS

U



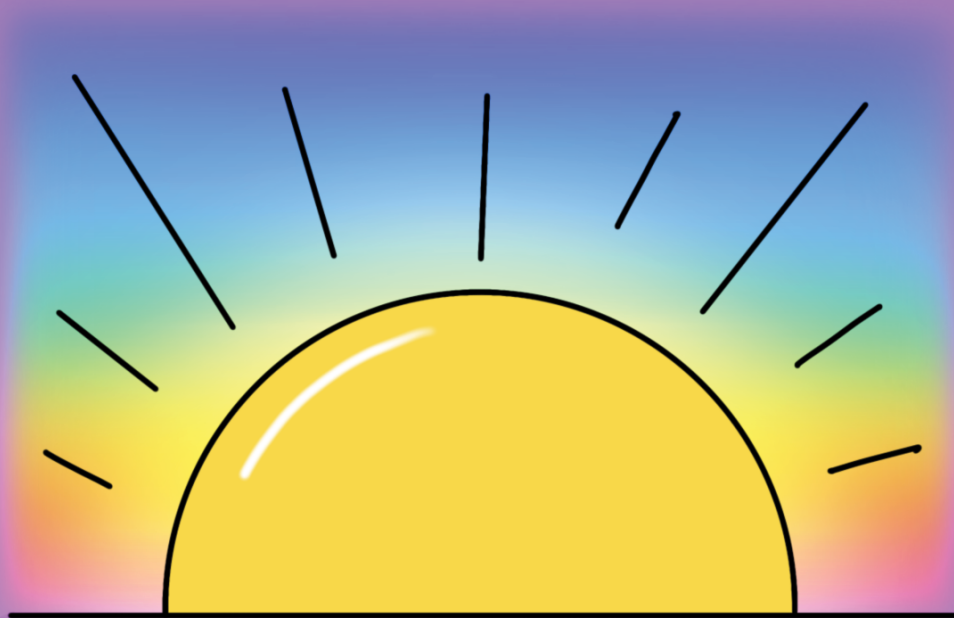
UNPLUG
FOR A DAY

V



VISUALIZE WHAT YOU WANT

W



WATCH
THE SUNRISE

X



(E)XAMINE
YOUR HABITS

Y



YOGA! TRY IT!

Z



ZONE OUT
& GET ZEN

THE ABCS OF SELF-CARE WAS ORIGINALLY CREATED AS A VIDEO SERIES ON TIKTOK (@POSITIVELYPRESENT). TO LEARN MORE ABOUT THE CONCEPT EACH LETTER REPRESENTS, CHECK OUT THE VIDEOS ON TIKTOK.

IT'S A CRAZY TIME IN THE WORLD RIGHT NOW, AND I HOPE THAT THESE IDEAS FOR SELF-CARE HELP IN SOME SMALL WAY. YOU CAN PRINT THEM OUT, CHOOSE ONE EACH DAY, AND TRY YOUR BEST TO INCORPORATE IT INTO YOUR LIFE. OR, YOU CAN SIMPLY SAVE THEM ON YOUR PHONE (OR OTHER DEVICE) AND CHECK THEM FOR IDEAS WHEN YOU FEEL LIKE YOU'RE IN NEED OF SOME SELF-CARE.

I'LL BE SHARING MORE TIPS, AS WELL AS INSPIRATION AND INSIGHTS, ON MY INSTAGRAM PAGE DAILY, AND I'LL ALSO BE BLOGGING MORE REGULARLY AND POSTING TO MY OTHER SOCIAL MEDIA ACCOUNTS TO HELP KEEP YOU UPLIFTED AND OPTIMISTIC DURING THESE DIFFICULT TIMES.

TO KEEP UP WITH THE LATEST, BE SURE TO FOLLOW ME ON INSTAGRAM (@POSITIVELYPRESENT) AND VISIT [POSITIVELYPRESENT.COM](https://positivelypresent.com).

IF YOU'D LIKE TO SUPPORT WHAT I'M DOING, PLEASE CONSIDER PURCHASING A PRINT IN MY SHOP, PRE-ORDERING MY BOOK, OR SIGNING UP TO BE A PATRON ON PATREON. LINKS AND DETAILS FOR ALL OF THESE THINGS ARE ON THE WEBSITE.

STAY SAFE. STAY WELL.

☆, dani

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