



## 30 DAYS OF SELF-CARE

Be grateful of three things in your life and claim why

Go for a walk in nature

Take 7-8 deep breaths into your belly

Give yourself a hug

Catch up with a good friend

Do some journaling

Smile at yourself in the mirror

Say "no" to others

Take a day off from your PhD

Exercise for 20 minutes

Make yourself a nice cup of tea or coffee

Try something new

Take a day off from social media

Say three compliments to yourself in the mirror

Buy your favorite treat

Listen to your favourite music

Create a vision board for yourself

Read a non PhD related book

Write down three things you are proud of in your life

Plan a trip for the next month

Take yourself on a date

Cook your favourite meal

Do a 10-minute meditation

Sing and dance around your flat

Express gratitude to a special person in your life

Have a cosy evening with your favourite series or film

Think of three great moments you experienced today

Write a letter to yourself in 10 years

Take a long shower or bath

Do that thing you've been putting off for a while