

100 CREATIVE + FUN SELF-CARE IDEAS

- Go for a walk
- Take yourself out for coffee
- Cuddle with a pet
- Have an at-home movie night
- Listen to an uplifting podcast
- Bake your favorite dessert
- Take a relaxing self-care bath or shower
- Have a solo dance party
- Create a vision board
- Journal
- Make a DIY self-care jar
- Meditate
- Take a workout class
- Create positive affirmation cards
- Color or paint
- Do a puzzle
- Create art
- Make friendship bracelets

- Enjoy your favorite snack
- Go for a drive
- Do some yoga
- Turn your phone off
- Take some deep breaths in nature
- Take a nap
- Wear your comfiest clothes
- Read an inspiring book
- Read a fiction book
- Binge-watch a TV show
- Order takeout
- Make a to-do list
- Set some new goals
- Play a game
- Look through old photos and reminisce
- Write a letter of encouragement to yourself
- Tidy up your space

Get All 100



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web dec 23 2020 İlk un ilavesi aşamasında kabartma tozlarını ekleyelim yoğuralım İkinci un ilave aşamasında tuzunu da ekleyelim hamuru 20 dakika dinlendirelim dinlenen hamurumuza önce mandalina şeklinde yuvarlak şekil verelim elimizle hafif bastırarak yassı bir şekil verelim ve peyniri koyalım sıkıca kapatalım kapattığımız yer