## My Favorite Self-Care Activities

(In no partícular order)

Bubble Baths



Listening to Podcast (see my favs on the resource page)



Spending time with friends



Spending time my sister



Playing with my nieces



Journaling



Watching things that make me laugh



Baking



Prayer

Website: GettinMyMindRight.Com

IG: @GettinMyMindRightLLC