Now, more than ever, it is important to pay attention to your mental, physical, and emotional well-being. What have you been doing to take care of yourself lately? Here are some ideas… Make it a goal to check at least two boxes a day!

- Eat healthy meals and snacks
- Go on a 24-hour social media detox
- Find a quiet spot to relax
- Light a candle
- Make a gratitude list
- Practice deep breathing/meditation
- Listen to your favorite music
- Exercise
- Catch up with a friend over video chat
- Help someone in need
- Spend time outdoors
- Have your own spa day
- Walk the dog
- Try a new hobby
- Read a book or magazine
- Make your favorite recipe