

## To do yourself some good!

Especially in times of difficulties, we forget that it's important to be kind with oneself and to do yourself some good. Find out what is good for you, or what used to be good for you, something that makes you happy.

Even small things can help, but its important to do them regulary.

### Ask yourself:

What is good for me?

What brings me joy?

What makes me relax?

### Somes ideas:

- cook delicious food for yourself
- take a walk and get some fresh air
- meet friends
- use a soap, parfume or lotion you really like
- read a book
- listen to music, make music
- become part of an association
- enjoy nature
- painting and drawing
- watch a movie
- do sports, move around
- make someone a gift
- buy yourself a gift
- make plans
- .....

BE CREATIVE !!