

Burnout Self-Care Activities

Physical Self-Care

Take a 10-
minute walk
outside.



Physical Self-Care

Stretch for 5
minutes.



Physical Self-Care

Eat a piece of
fruit or vegetable.



Physical Self-Care

Dance to your
favorite song -
like no one is
watching!



Physical Self-Care

Apply hand
lotion.



Physical Self-Care

Try a new
herbal tea; savor
the flavor.



Physical Self-Care

Soak your feet
in warm water.



Physical Self-Care

Take a short
nap.



**Burnout
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Burnout can be a silent drain, sapping our energy, joy, and resilience. When the weight of responsibilities and life's pressures mount, it's crucial to have tools at our disposal to help us find our way back to center. Enter this special card deck, crafted just for you.

Divided into five essential self-care areas—Physical, Spiritual, Mental, Social, and Emotional—each card presents a gentle, achievable activity designed to ease the strain and reignite the spark within.

How to Use:

Whenever you feel the telltale signs of burnout creeping in, shuffle the deck and draw a card. Let the suggested activity be your guide back to a place of balance and calm. Alternatively, if you know there's a particular self-care area you wish to focus on, you can sort the cards by category and select one that speaks to you.

These cards are an invitation to pause, reflect, and prioritize your well-being. Each step, no matter how small, is a journey away from burnout and back to your radiant self. Embrace the journey, and remember—you're not alone on this path to renewal.

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Physical Self-Care

Eat a protein-rich snack.



Physical Self-Care

Drink an extra glass of water.



Physical Self-Care



Physical Self-Care



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Emotional Self-Care

Do 5 minutes of deep breathing.



Emotional Self-Care

Listen to a song from happy times.



Emotional Self-Care

Give yourself a compliment.



Emotional Self-Care

Listen to something that makes you laugh.



Emotional Self-Care

Name 3 traits you like about yourself.



Emotional Self-Care

Visualize positive scenarios for any aspect of your life.



Emotional Self-Care

Watch an uplifting video.



Emotional Self-Care

Revisit a fond memory.



Emotional Self-Care

Pet or play with an animal for 5 minutes.



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Emotional Self-Care

Appreciate
something
beautiful.



Emotional Self-Care



Emotional Self-Care



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Mental Self-Care

Spend 10 minutes reading a book.



Mental Self-Care

Do a 5-minute guided meditation.



Mental Self-Care

Write 3 things you're grateful for.



Mental Self-Care

Create a small to-do list of just 3 small tasks.



Mental Self-Care

Write down a small goal and the steps to achieve it



Mental Self-Care

Daydream about anything for 10 minutes.



Mental Self-Care

Take a 15-minute break from screens.



Mental Self-Care

Declutter a small space for 5 minutes.



Mental Self-Care

Do some adult coloring.



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Mental Self-Care

Watch a quick,
funny video.



Mental Self-Care



Mental Self-Care



Mental Self-Care



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Social Self-Care

Send a motivational text to someone who would enjoy it.



Social Self-Care

Post something positive online.



Social Self-Care

Ask someone how their day is, and listen to their response.



Social Self-Care

Wave or say hello to a neighbor.



Social Self-Care

Send a short 'just because' text to a friend.



Social Self-Care

Make a quick phone call to let someone know you're thinking about them.



Social Self-Care

Write a thank-you note.



Social Self-Care

Share a memory or photo with someone who knows the subjects.



Social Self-Care

Compliment someone - even a stranger.



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Social Self-Care

Speak to a relative
- facetime, Zoom,
WhatsApp - see
their face.



Social Self-Care



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Spiritual Self-Care

Light a candle and focus on the flame for 5 minutes.



Spiritual Self-Care

Read an inspirational quote. Ponder its meaning in your life.



Spiritual Self-Care

Practice mindful eating of one thing.



Spiritual Self-Care

Visualize your ideal day.



Spiritual Self-Care

Draw or doodle - even on a scrap of paper.



Spiritual Self-Care

Spend 5 minutes in nature.



Spiritual Self-Care

Write about something hopeful.



Spiritual Self-Care

Write about a positive memory.



Spiritual Self-Care

Listen to nature sounds.



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Spiritual Self-Care

Journal about a life lesson.



Spiritual Self-Care



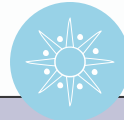
Spiritual Self-Care



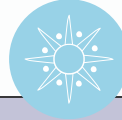
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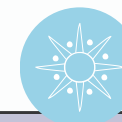
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