

Daily Activity for Wednesday, September 30

Self-care Wednesday!

Try these videos below to get your day started!

- Meditation Videos: https://youtu.be/XI_B45DpMLU
- Chair Yoga Video: <https://youtu.be/Fkl88Nq3BiU>
- Dance Walk Video: https://youtu.be/_7IMJX5D1gk

Other self-care options:

- Go for a walk
- Read a book
- Paint your nails
- Watch a movie
- Listen to music
- Write in a journal
- Take a shower/bath
- Get dressed up

The key is to do something that makes YOU feel good!