

## SELF-CARE IDEAS FOR LOW ENERGY DAYS.

- Face wash.
- Fermented food.
- Oil diffuser with essential oils.
- A glass of water.
- Receive sunlight.
- Facial yoga.
- Shower.
- Cathartic writing, with no filters  
(Do not publish).
- Face mask.
- Chamomile tea.
- Yin yoga.
- Walk in the neighborhood.
- Vitamins.
- Praying.
- Elbows exfoliation.
- One piece of fresh fruit.
- Doodles.
- Eye exercises to improve sight.
- Hands exfoliation.
- Long walk in a beautiful park.
- Chamomile eye drops.
- Thorough teeth washing.
- Freestyle painting.
- Church.
- Tiny mini-step for a project.
- Relaxing tea.
- Superfoods.
- Greeting someone peaceful.
- Self-facial massage.
- Remember medication, if it  
applies.
- Self-breast examination.
- Gardening.
- Pedicure.
- Qi gong.
- Small money investment.
- Small money saving.
- Go to a *temazcal* or sauna.
- Ear massage.
- Hair care.
- Comfort reading.
- 30 minutes of soft exercises.
- Yerba mate.

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