

SELF-CARE ACTIVITIES



ZAR Wellness Counselling
Empowering Minds, Inspiring Change

TAKE A WARM
BATH

CALL A LOVED
ONE

PAMPER
YOURSELF

DO SOME
JOURNALLING

BURN SOME
ESSENTIAL OILS

GO FOR A WALK
IN NATURE

COOKING OR
BAKING

TIDY YOUR
SPACE

MEDITATE

TAKE UP A NEW
HOBBY
- PAINTING
- MUSIC
- PHOTOGRAPHY

PLAY WITH PETS /
ANIMALS

LISTEN TO YOUR
FAVOURITE MUSIC