

Self Care Choice Board

Even though it feels impossible, you're going to need to function at some capacity each day as you mourn. Pick a square every day for 25 days. Cross it out or hole punch the square once you've done the self-care action.

Take a warm shower.	Drink 8 glasses of water.	Stop what you're doing and take 5 cleansing breaths.	Get outside for a walk.	Write down 3 things you're grateful for.
Light a candle and meditate for 5 minutes.	Watch a funny show or video. Allow yourself to laugh.	Get dressed for the day (not just sweats).	Say your baby's name out loud to someone.	Make yourself a cup of tea.
Wear your fuzzy socks today.	Look up, and write down, 3 positive affirmations.	Consider, and look up, outside resources for your grief. (Local support group, therapy, online communities)	Stretch for 10 minutes.	Tell one family member or friend how they can help support you.
Thank yourself for making it through the day.	Buy yourself flowers.	Speak your baby's story out loud (even if it's just to yourself).	Use a lavender shower steamer.	Meet up with a friend (lunch, coffee, walk).
Put on a face mask and relax.	Stop what you're doing and remember you matter.	Start reading a new book.	YouTube search "restorative yoga" and take a class.	Write down your story.

I hope you'll find that while it may seem so hard to accomplish one self-care action per day, in the end it will help you gain some strength back and move through your grief journey. Revisit this board of ideas if you feel like your struggling to get through the day!

This self-care board was inspired by angel baby Kendall's Mom.