



Sunday Scaries Survival Kit

Your Sunday Ritual

- _____
- _____
- _____
- _____
- _____
- _____

To make this week great I will...

Three things I am grateful for today

- _____
- _____
- _____

Self-Care Practices

PICK ONE (OR ALL) FROM THE LIST BELOW TO TAKE CARE OF YOURSELF TODAY.

- Quick tidy up (clear one spot)
- Green tea boost
- Take a walk
- Have a spa day at home
- Create a "wins" list
- Try a mindfulness moment exercise
- Pull an affirmation card
(check out OhioPHP website)
- Try a 7 minute workout
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My Week

TAKE A MINUTE TO REVIEW YOUR UPCOMING WEEK. USE THE SPACE BELOW TO WRITE DOWN ANYTHING YOU MADE NEED TO PREPARE FOR THE WEEK AHEAD.