5 MIN "ME TIME" ACTIVITIES

LOVE FROM MIM

- MEDITATE
- READ A BOOK
- APPLY HAND CREAM
- HAVE A CUP OF TEA
- DEEP BREATHE
- WATCH A YOUTUBE VIDEO
- APPLY MOISTURISER
- LISTEN TO FAVOURITE SONG
- CUDDLE YOUR PET
- PAINT SOMETHING
- PUT MAKE UP ON
- REPLY TO EMAILS
- WRITE IN YOUR JOURNAL
- DO A QUICK MANICURE
- CALL A FRIEND
- CIRCLE YOUR SHOULDERS
- POP ON A FACE MASK
- STARE OUT OF THE WINDOW
- DOODLE
- LIE DOWN
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- LEARN SOMETHING NEW
- WRITE A LOVE LETTER
- PLAY A MUSICAL INSTRUMENT
- DRINK A BIG GLASS OF WATER
- ONLINE WINDOW SHOP
- BURN A CANDLE
- BREATH IN YOUR FAVOURITE ESSENTIAL OIL
- STRETCH
- TAKE A SHOWER
- WRITE SOMETHING!
- MAKE A CRAFT
- WRITE A BUCKET LIST
- READ A BLOG POST
- PLAY A GAME ON YOUR PHONE
- EXERCISE
- DO A QUICK PEDICURE
- DRAW SOMETHING
- REPLY TO TEXT MESSAGES
- DO NOTHING
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