

## The Self-Care Menu for Midlife Women

Choose what you need today. Small, intentional acts of self-care can help restore energy, calm stress, and support your well-being.



### Quick Care (1–3 Minutes)

- Drink a full glass of water
- Step outside and take five deep breaths
- Put your feet up the wall for one minute
- Apply hand lotion or lip balm slowly
- Open a window for fresh air
- Delete or postpone one non-essential task

### Medium Care (5–15 Minutes)

- Take a short walk
- Stretch or do gentle yoga
- Prepare a nourishing snack
- Sit quietly and enjoy coffee or tea mindfully
- Read a few pages of a book
- Write one sentence about how you feel today

### Deep Care (30 Minutes or More)

- Strength train or move your body intentionally
- Take a long bath or shower without interruptions
- Go to bed 30 minutes earlier
- Spend time alone on purpose
- Work on a hobby you enjoy
- Connect with a supportive friend

**Tip: Keep this menu somewhere visible. On hard days, choose one small option. On better days, choose more.**