

35 Things To Put In Your Self Care Kit

1. Cute water bottle
2. Playlists/mix CDs
3. Device for listening/headphones
4. Soft blanket
5. Moisturizing, good-smelling lotion
6. A list of things that make you happy
7. A list of things you love about yourself
8. Stuffed animal
9. B-12, D, and multi-vitamins
10. Yoga mat
11. Your best friend's phone number
12. Favorite movie
13. Delicious snacks
14. Good book
15. Stress ball



16. Massager
17. Sex toy
18. Tea
19. Candle
20. Face mask
21. Nail polish
22. Journal
23. Pen
24. Coloring books
25. Crayons
26. Bubbles
27. Essential oils
28. Crystals and gemstones
29. Positive quotes
30. Cozy socks
31. Photos of people you love
32. Print outs of yoga poses and meditations
33. Letter to yourself
34. Bubble bath, bath bomb, Epsom salt
35. Musical instrument