Love yourself through Lent

In a really challenging season why not focus on self-care this Lent.
Here are 40 self-care ideas to choose from, why not pick one each day and give yourself a boost of positivity.

- Listen to a favourite song.
- Light a candle.
- Cook your favourite meal.
- Go for a walk.
- Watch a favourite film.
- Open a window and breath deeply!
- Build a nest and snuggle up!
- Take a bath.
- Drink a glass of water.
- Read a Psalm.
- Read a book.
- Enjoy a hot drink.
- Get into your pyjamas early!
- Write down your worries and bring them to God in prayer.
- Have a nap.
- Pray.
- Phone a friend.
- Count your blessings.
- Turn off your phone for an hour.
- Say "I love you" to somebody.
- Go to bed early!
- Put on some music and dance like nobody is watching!
- Get creative, draw or write something.
- Buy yourself a treat.
- Make your bed.
- Look through old photos.
- Bake something.
- Write a letter.
- Put on an outfit that makes you feel good about yourself.
- Say "no" to something.
- Hug a pillow.
- Talk to a plant.
- Watch a funny video.
- Pause and listen to God's voice.
- Try a new hobby.
- Sing as loudly as you can!
- Visit an art gallery or museum online.
- Stretch!
- Look for pictures in the clouds.
- Have a lie in.