

Self-Care Tools and Resources



To find:

Apps to Download in 2020 to Help You Sleep

<https://www.goodhousekeeping.com/health/wellness/g26963663/best-sleep-apps/>

How to Create a Daily Routine That Works for You

<https://www.thespruce.com/how-to-create-a-daily-routine-2648007>

12 Morning and Evening Routines That Will Set Up Each Day

<https://zapier.com/blog/daily-routines/>

Apps to Download to Help You Plan

<https://www.thebalancesmb.com/best-planner-apps-4174743>

A Guide to Declutter Your Life to Reduce Stress

<https://www.lifehack.org/articles/lifestyle/how-to-declutter-your-life-and-reduce-stress.html>

Self-Care Routine - Worksheets

<https://www.keepingthatsimple.com/daily-self-care-routine-worksheet/>

Wellness Worksheets

<https://www.theworksheets.com/pdf-online-view.php?url=https://wholeperson.com/pdf/WellnessLifestyleWorkbook.pdf>

Living Simply With Children

<https://www.life.ca/naturalchild/1312/living-simply-with-children.htm>