

Self Care

Take one bar of chocolate,
Eat the last piece yourself.
Find time to read,
That next book up on the shelf.
Pick up a pencil,
And draw, doodle, write.
Fetch a soft blanket,
Wrap up warm at night.
Make sure to do nothing,
At least three times a day.
Get out the board games,
Sit down with friends to play.
Go out to dance,
With a friend to hold your hand.
Play your favourite records,
Get out to hear live bands.
Try to eat well, or at least,
Make sure to have some veg.
Take it easy in the evenings,
Get off early into bed.

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