

The J.V. Club with Janet Varney presents

Self-Care M.A.S.H.

Starring YOU!

Instructions: After filling these out, text a friend to give you a number between 1 and 10. That's your M.A.S.H. number! Starting from the first space, eliminate every item that falls on that number, until you only have one remaining option in each category. Then, do the things!

3 "Happy Place" movies.
Watch one this week!

1. _____
2. _____

3 people who love you.
Call/write one this week!

1. _____
2. _____

3 childhood books. Read
one this week!

1. _____
2. _____

3 acts of self care. Do
one this week!

1. _____
2. _____
3. _____



3 favorite smells. Find,
smell, reflect.

1. _____
2. _____
3. _____

3 treats (no guilt
allowed). Eat one!

1. _____
2. _____
3. _____

3 items you can afford
but haven't bought. Buy
one!

1. _____
2. _____
3. _____

3 favorite songs. Listen
to one!

1. _____
2. _____
3. _____