DIY Bath Bombs

WHAT YOU'LL NEED

- **1 cup** baking soda
- **½ cup** citric acid
- **½ cup** epsom salt
- **½ cup** cornstarch
- **¾ tablespoon** water

- **2 ½ tablespoons** of almond oil or coconut oil
- **¾ tablespoon** water
- **12-15 drops** of an essential oil of your choice
- Bath bomb molds
- Coloring pigment (optional)

Disclaimer: Essential oils have the potential to aggravate the skin. Ensure the essential oil you choose is labeled as being safe to apply to skin. You may also want to do a skin patch test before adding it into your bath bomb.

INSTRUCTIONS

1. Mix together the dry ingredients. Add color pigment (this is optional).

2. Mix together wet ingredients, then add them to the dry ones.

3. Stir until combined.

4. Fill each half of the mold, packing in the mixture until it is slightly overflowing. Press the halves together firmly and let the mold sit for a couple minutes.

5. Gently pull it apart to remove the bath bomb.

6. Let bath bombs dry for 24 hours before using in the tub.

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Stress-Relieving Bookmarks

Like reading, coloring is a great way to let your mind drift away from your stressors. Before diving into a new book, ease anxiety and promote feelings of calm by taking time to color in a bookmark.
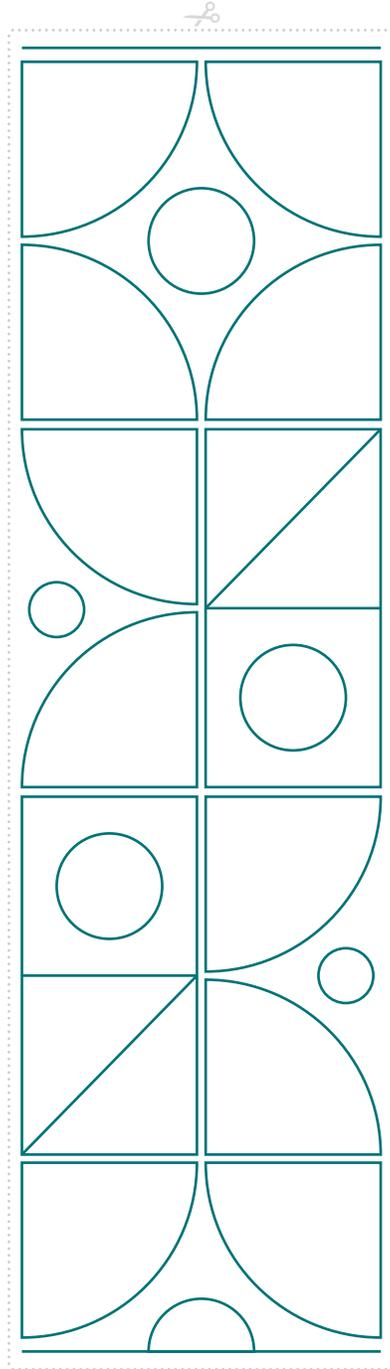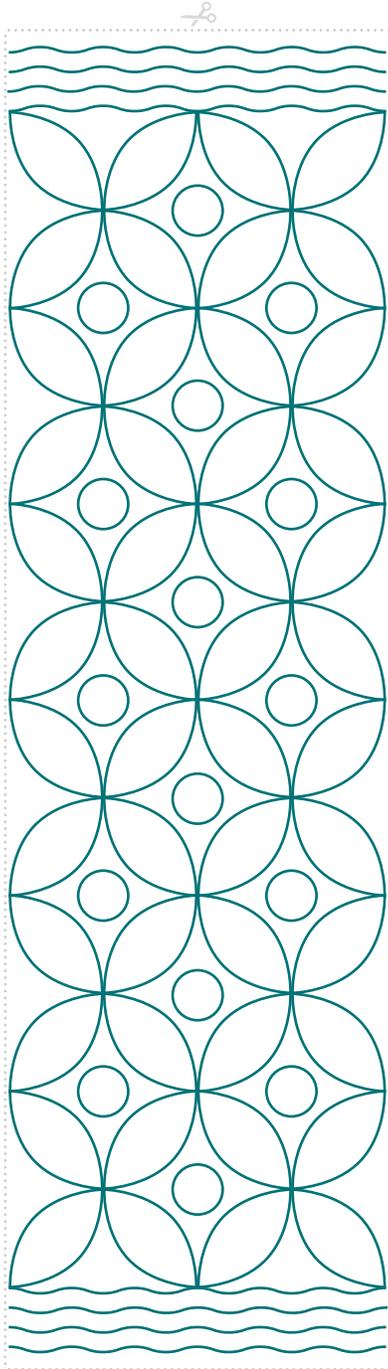
PositiviTea

Find a cozy spot, kick your feet up, and drink a cup of warm herbal tea. Cut along the dotted lines of the tea tags and punch a hole at the top. Attach them to your favorite tea blends as a reminder to calm your mind, and find stillness before bed.

TAKE TIME TO **RECHARGE**

BE **STILL** BE **MINDFUL** BE **PRESENT**

UNPLUG & **UNWIND**

TAKE TIME TO **RECHARGE**

BE **STILL** BE **MINDFUL** BE **PRESENT**

UNPLUG & **UNWIND**

INHALE **PEACE** EXHALE **STRESS**

SELF CARE IS **HEALTHCARE**

My mind and body are ready **for sleep**

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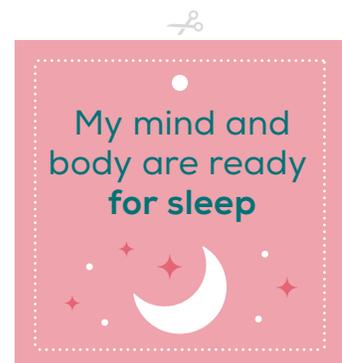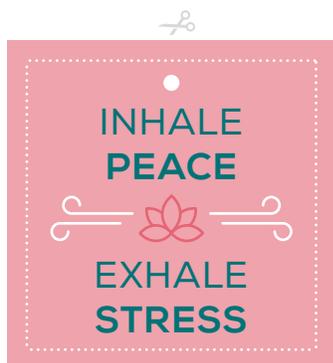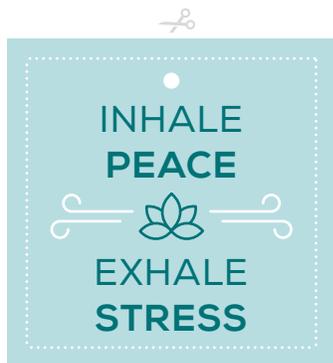
A Journal for My Thoughts and Dreams

DATE: _____

3 THINGS I'M GRATEFUL FOR

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5 POSITIVE THINGS I'M GRATEFUL FOR

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TOMORROW'S TO-DO LIST

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A Journal for My Thoughts and Dreams