

Self-Care Ideas

1. Getting a good diet
2. Drinking plenty of water
3. Making sure you are getting plenty of vitamin and minerals
4. Getting enough movement
5. Taking a walk
6. Getting some fresh air
7. Sitting outside and soaking up some sunlight (vitamin D)
8. Having alone time for just 5 or 10 minutes just to breath
9. Deep breathing
10. Getting an average of 7 to 9 hours of sleep every night
11. Meditation
12. Journaling
13. Going to one of your favorite places
14. Be playful
15. Dance
16. Hang out with friends
17. Laugh
18. Get/Give a hug
19. Take a break from work
20. Read a book
21. Watch your favorite show or a new one you have been wanting to watch
22. Try a new recipe
23. Take a bath
24. Get a manicure/pedicure
25. Write 5 things you love about yourself
26. Have a game night
27. Drink some herbal tea
28. Give yourself a facial
29. Get organized
30. Set bounderies

31. Learn to say no
32. Learn something new
33. Watch the sunrise or sunset
34. Paint
35. Color
36. Declutter
37. Do a craft you have been wanting to do
38. Use your favorite essential oils
39. Turn your phone off to unplug for a bit
40. Light candles
41. Keep a gratitude journal
42. Have a treat meal every once in awhile
43. Say affirmations
44. Tell someone you love them
45. Do something nice for someone
46. Get your hair done
47. Look for shapes in the cloud
48. Look at the stars
49. Get a massage
50. Give yourself a new challenge
51. Step out of your comfort level
52. Take a moment and be aware of how you are feeling
53. Do some that you have been wanting to do for a while but keep putting it off.
54. Remember that you are so important