

# 50 Ideas for Self-Care

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| 1. Listen to your favorite music                           |    |
| 2. Enjoy a long, warm bubble bath                          |                                                                                     |
| 3. Go for a walk                                           |    |
| 4. Share a hug with a loved one                            |                                                                                     |
| 5. Pray                                                    |                                                                                     |
| 6. Attend a caring support group                           |                                                                                     |
| 7. Do stretching exercises                                 |                                                                                     |
| 8. Watch the sunrise/sunset                                |    |
| 9. Laugh                                                   |                                                                                     |
| 10. Create a collage representing "The Real Me"            |                                                                                     |
| 11. Reflect on: "I appreciate..."                          |                                                                                     |
| 12. Write your thoughts and feelings in a personal journal |                                                                                     |
| 13. Attend a favorite athletic event                       |                                                                                     |
| 14. Do something adventurous (e.g., skydiving)             |                                                                                     |
| 15. Swing/slide/teeter totter/blow bubbles                 |                                                                                     |
| 16. Play a musical instrument                              |                                                                                     |
| 17. Meditate                                               |  |
| 18. Work with plants                                       |  |
| 19. Learn a new skill                                      |                                                                                     |
| 20. See a special play, movie or concert                   |                                                                                     |
| 21. Make yourself a nutritious meal                        |                                                                                     |
| 22. Draw/paint a picture                                   |                                                                                     |
| 23. Swim/float/wade/relax in a pool/on the beach           |                                                                                     |
| 24. Do aerobics/dance                                      |                                                                                     |
| 25. Imagine yourself achieving your goals and dreams       |                                                                                     |

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| 26. Go horseback riding                                          |                                                                                       |
| 27. Reflect on: "My most enjoyable memories"                     |                                                                                       |
| 28. Enjoy a relaxing nap                                         |                                                                                       |
| 29. Visit a museum/art gallery                                   |                                                                                       |
| 30. Practice yoga                                                |    |
| 31. Relax in a whirlpool/sauna                                   |                                                                                       |
| 32. Enjoy a cool, refreshing glass of water or fruit juice       |                                                                                       |
| 33. Star gaze                                                    |                                                                                       |
| 34. Window shop                                                  |                                                                                       |
| 35. Daydream                                                     |                                                                                       |
| 36. Attend a special workshop                                    |                                                                                       |
| 37. Reward yourself with a special gift you can afford           |                                                                                       |
| 38. Take yourself on a vacation                                  |   |
| 39. Create with clay/pottery                                     |                                                                                       |
| 40. Pet an animal                                                |  |
| 41. Reflect on your successes: "I can..."                        |                                                                                       |
| 42. Write a poem expressing your feelings                        |                                                                                       |
| 43. Make a bouquet of flowers                                    |  |
| 44. Visit a park/woods/forest                                    |                                                                                       |
| 45. Reflect on: "What I value most in life"                      |                                                                                       |
| 46. Phone a special friend                                       |                                                                                       |
| 47. Go on a picnic in a beautiful setting                        |                                                                                       |
| 48. Practice the art of forgiveness                              |  |
| 49. Treat yourself to a nutritious meal at a favorite restaurant |                                                                                       |
| 50. Work out with weights or equipment                           |                                                                                       |