

100 WAYS TO PRACTICE SELF CARE

1. Read a new book
2. Take a walk
3. Take an Epsom salt bath
4. Light a candle
5. Write in a journal
6. Drink your favorite specialty coffee/tea
7. Listen to your favorite music album
8. Apply a face mask
9. Make a homemade meal
10. Go to bed early
11. Meditate
12. Practice yoga
13. Organize your desk
14. Color in a coloring book
15. Walk somewhere new
16. Cozy up in a blanket
17. Watch your favorite movie
18. Buy yourself flowers
19. Listen to your favorite podcast
20. Complete 3 minutes of mindfulness meditation
21. Turn your phone off for a few hours
22. Go through a stretch routine
23. Give yourself a manicure/pedicure
24. Lay/Sit in the sunshine
25. Have a solo dance party
26. Pray
27. Have a mini pamper session
28. Write yourself a letter
29. Treat yourself to your favorite dessert
30. Do something for the first time
31. Make yourself breakfast
32. Slow down and be present
33. Create a vision board
34. Call someone you love
35. Drink your favorite drink
36. Take a short nap
37. Write 5 things you love about yourself
38. Write a note to someone just because
39. Sleep in a little bit
40. Create a piece of art
41. Have a lunch date with a friend
42. Go to church
43. Cuddle your pet...or your family
44. Go to a museum
45. Watch a comedy that makes you laugh
46. Have a 3 minute dance party
47. Take extra-long warm shower
48. Draw
49. Turn off social media for a day
50. Read inspiring or motivational quotes
51. Take a 10 minute break
52. Give yourself a hand massage
53. Play with your pet
54. Spend quality time with a loved one
55. Practice mindful eating
56. Moisturize your skin
57. Get your hair done
58. Read a fun magazine
59. Play a board game
60. Watch the clouds outside
61. Stargaze outside
62. Take 3 deep breaths
63. Wear pajamas all day
64. Get dressed up for no reason
65. Drink a glass of water
66. Declutter 1 space in your home
67. Tell yourself you are forgiven
68. Have some alone time
69. Visit a local park
70. Paint a picture
71. Plant a flower
72. Close your eyes for 5 minutes
73. Look through old photographs
74. Buy yourself a treat
75. Create a relaxation/feel good playlist
76. Write a gratitude list
77. Make a gift for a friend or yourself
78. Put on comfy socks/slippers
79. Play a silly game with a loved one
80. Tell yourself you are important in the mirror
81. Give yourself permission to say no
82. Make a sugar scrub and bathe in it
83. Drink a cup of herbal tea
84. Set a small goal for the next day
85. Watch a Ted talk
86. Diffuse essential oils
87. Eat vegetarian for a day
88. Tell yourself you love yourself
89. Go out for ice cream with a friend or loved one
90. Listen to a guided visualization exercise
91. Go to the beach or mountains
92. Sing "Let it Go" from Frozen at the top of your lungs
93. Order take out
94. Blow bubbles
95. Make scrapbook
96. Build a fort and lay down there
97. Tell jokes
98. Garden with your family
99. Call or FaceTime your friends
100. Tell yourself that you are healing!