Self Care Ideas

Listen to my favorite music
Enjoy a long warm bubble bath
Go for a walk
Share a hug with a loved one
Relax outside
Exercise (of my choice)
Spiritual prayer
Attend a caring support group
Practice diaphragmatic breathing
Do stretching exercises
Reflect on my positive qualities, “I am…”
Watch the sunrise/sunset
Laugh
Concentrate on a relaxing scene
Create a collage representing “The Real Me”
Receive a massage
Reflect on: “I appreciate…”
Write my thoughts and feelings
in a personal journal
Attend a favorite athletic event
Do something adventurous (i.e. Skydiving)
Read a special book or magazine
Sing/hum/whistle a happy tune
Swing/slide/teeter totter
Play a musical instrument
Spiritual meditation
Work with plants (gardening)
Learn a new skill
See a special play, movie, or concert
Ride a bike
Make myself a nutritious meal
Draw/paint a picture
Swim/float/wade/relax in a pool
(or on a beach)
Do aerobics/dance
Visit a special place I enjoy
Smile/Say “I Love Myself”
Imagine myself achieving my goals and dreams
Go horseback riding

Reflect on: “My most enjoyable memories”
Enjoy a relaxing nap
Visit a museum/art gallery
Practice yoga
Relax in a whirlpool/sauna
Enjoy a cool, refreshing glass of water or fruit juice
Enjoy the beauty of nature
Count my blessings: “I am thankful for…”
Play as I did as a child
Star gaze
“Window shop”
Daydream
Tell myself the loving words I want to hear from others
Reward myself with a special gift I can afford
Take myself on a vacation
Create with clay/pottery
Pet an animal
Practice positive affirmations
Watch my favorite TV show
Reflect on my successes: “I can…”
Write a poem expressing my feelings
Make a bouquet of flowers
Visit a park/woods/forest
Read positive, motivational literature
Reflect on: “What I most value in life”
Phone a special friend
Go on a picnic in a beautiful setting
Enjoy a gourmet cup of herbal tea/decaf coffee
Participate in a favorite
   sport/game/recreational activity
Practice a relaxation exercise
   (or listen to a relaxation tape)
Practice the art of forgiveness
Treat myself to a nutritious meal at a favorite restaurant or cafe
Participate in a hobby
Create my own unique list of “self nurturing” activities