

# 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



