

Self-Care Ideas

Nurture yourself	Move	Get creative
<ul style="list-style-type: none"> • Drink a cup of hot tea • Wear soft, comfortable clothing • Take a bubble bath • Take a long shower • Get a massage • Get a manicure or pedicure • Wash your hair • Give yourself a facial • Colour a colouring in book • Light candles • Make a snack • Give yourself a massage • Watch the clouds go by • Watch a movie • Sit in the sun (with sunscreen) • Play with a pet • Drink a glass of water • Watch the sunrise or sunset • Do something different with your hair • Put on an eye mask • Moisturise your skin mindfully • Try using essential oils • Write yourself a kind letter • Walk barefoot on the grass or sand • Unplug from technology for an hour and enjoy quiet time 	<ul style="list-style-type: none"> • Go to a park • Plant something • Cook a nice meal • Do some gardening • Dance in your living room • De-clutter a section of your house • Put on a free dance class through Youtube • Wash your sheets • Breathe in fresh air • Sit on some grass • See some animals • Eat outside in the sunshine • Try some yoga • Go to the beach • Lay on a blanket in the sun • Try a new walking route • Go for a bike ride • Try a gentle stretching online class • Try a new sport/activity just for fun (e.g., frisbee) • Do 10 minutes of skipping or hula hooping 	<ul style="list-style-type: none"> • Paint • Draw • Play an instrument • Wear an outfit you normally wouldn't • Visit an art museum • Do a craft project • Create a new recipe • Decorate a part of your house • Revamp an old piece of furniture • Create a new playlist • Bake something • Create jewellery • Make a flower bouquet • Create some art for your walls • Make a collage of your favourite memories • Try photography • Write a poem • Write a short story • Start a scrapbook • Cook or bake something from another culture • Start a nature journal - sketch or write about things you notice outdoors

Self-Care Ideas

Engage your brain	Be social	Practice emotional regulation
<ul style="list-style-type: none"> • Try a puzzle (jigsaw, Sudoku) • Watch a documentary • Take a free online course • Learn a few words in another language • Start a “fun fact” journal • Try a memory game • Research a topic • Visit a book store • Visit your local library • Play a word game • Organise something • Learn a new skill • Read a newspaper • Journal • Read a book • Listen to a podcast • Write down the things you are grateful for • Create a morning routine • Make a list of inspiring quotes • Do a crossword puzzle • Watch a TED Talk • Watch an educational YouTube channel • Learn a new card game or magic trick 	<ul style="list-style-type: none"> • Call a friend • Make a gift for someone • Write a card to someone • Join a book club • Meet a friend for lunch • Invite someone to an event • Visit a nursing home • See what your local council is running • Attend a church • Attend a temple • Say hi to your neighbour • Start volunteering • Plan your next social outing • Host a game night • Host a pot luck • Volunteer at a soup kitchen • Join a hobby group • Organise a picnic with friends • Attend a local market • See what events are running in the community • Organise a themed dinner night • Join a exercise class for fun 	<ul style="list-style-type: none"> • Create a calming playlist to listen to when you feel overwhelmed • Listen to self-compassion tracks • Listen to a guided story time • Guided mindfulness (Insight Timer) • Body scans • Close your eyes and breathe deeply • Incorporate meditation in your wind-down routine • Eat or drink mindfully • Listen to rain, wind or thunder • Take a mental vacation • Try progressive muscle relaxation • Practice grounding techniques (5-4-3-2-1 senses exercise) • Create a calming evening ritual (candles, warm drink, light reading) • Keep a “worry journal” and schedule worry time • Practice affirmations • Try a gentle yoga flow