



Self care? Who Me? Well, maybe I could...

- practice deep breathing until you relax
- get a therapeutic massage
- soak your feet in special foot soap/scrub/lotion – or get a foot massage
- stretch
- take a nap
- take a long walk or a run
- read
- take at least thirty minutes alone time per day
- rent a comedy video
- light candles
- have fun playing a game or doing a puzzle
- take a holiday – even for 24 hours
- find a special, quiet place and make it your own
- eat healthy
- plan ahead - schedule medical and dental appointments
- sit by a fireplace
- be creative.... sing, dance, paint or write
- do something you've never done before
- enjoy a hot drink
- enjoy some silence
- dance to some great music
- don't answer the phone for a while
- do a crossword
- spend an afternoon at the library
- plant a garden - plant something... weed something
- pick fresh flowers (maybe wild flowers) or buy a small bouquet -
- keep a diary or journal
- enjoy a manicure or pedicure
- enjoy time with children
- join an interest group
- listen to your favourite music
- share a hug
- lie on the grass...or the carpet.... and stretch out
- reflect on your positive qualities: "I am..."
- watch the sunrise or the sunset
- enjoy a long, warm bubble bath or a long, warm shower
- write down thoughts and feelings about what's happening for you on paper
- attend a favourite event
- do something adventurous
- sing, hum or whistle
- play an instrument
- meditate
- learn a new skill
- see a play, movie or concert
- work out at a gym



- ride a bike
- bake favourite treats
- swim, float, wade, relax in a pool, or on the beach
- sew something
- visit a special place you enjoy
- imagine yourself achieving your goals and dreams
- go horseback riding
- join a team to play a sport
- forgive others
- reflect on "my most enjoyable memories"
- enjoy a nap
- visit a museum or an art gallery
- practice yoga
- relax in a hot pool /sauna
- enjoy a glass of water or juice
- reflect on what you're thankful for...
- pray
- play things that you did as a child
- star gaze
- stay up late - get up early...
- daydream
- attend an interesting workshop
- go sailing or surfing or swimming in the sea
- reward yourself with a special gift you can afford
- practice positive affirmations – I can...I am...
- spend time with an animal
- watch your favourite TV show or DVD
- relax... watch the clouds
- make yourself something nice
- walk in nature – sit in nature
- read positive, motivational books
- reflect on: "what and what do I value most in life...?"
- reflect on: "who values me in life...?"
- phone a friend
- go on a picnic
- start a new hobby
- hug a tree
- meet with good friends
- cry if you need to
- laugh as much as possible
- reread a favourite book – or treat yourself to a new one
- make a list of your strengths, talents and abilities without holding back
- spend time with people who are affirming, optimistic, positive and replenishing
- save notes and letters that are complementary - read them often
- what else?