



## 64 WAYS TO TAKE CARE OF YOURSELF

Self-care is essential but in stressful times it can be a challenge to put this into action. Having a list of possibilities can help.

- Give yourself permission to sit and relax, especially when you're tired.
- Explore nature.
- Have a warm drink.
- Create quality time for you by taking the phone off the hook.
- Eat something nourishing.
- Notice your achievements and give yourself credit for them
- Lie on the grass.
- Write in your journal.
- Go for a walk
- Have breakfast in bed.
- Have a massage.
- Play with an animal.
- Give yourself a hand or foot massage.
- Get some exercise.
- Go to the movies or a show.
- Write some poetry.
- Go window shopping.
- Walk in the rain.
- Tune into yourself and find out what you're feeling and what you need.
- Plan something fun - an outing, treat, celebration or holiday.
- Dance.
- Stop and smell the flowers.
- Meditate or pray.
- Watch a funny video.
- Relax with a good book.
- Make a list of things that make you happy.
- Go to a park and swing on the swings.
- Wake up early and watch the sunrise.
- Make a special meal just for you.
- Give yourself a facial.
- Play some calming music.
- Visualise a safe, relaxing scene and imagine stepping into it and soaking up the peace.
- Read an inspirational book.
- Take a warm scented bath.
- Write down everything you love about yourself.
- Listen to a positive, motivational CD.
- Sit in the sun.
- Phone a friend.
- Go to the beach or bush.
- Buy yourself some flowers or a plant.
- Spend time in the garden.
- Write a letter to an old friend.
- Play your favourite music.
- Do something creative just for pleasure.
- Write about your special accomplishments in your journal.
- Have a spa, swim or sauna.
- Cook something special.
- Go to bed early.
- Watch the sunset.
- Buy yourself an affordable treat.
- Plan a get-together with friends.
- Listen to the birds.
- Go to the library.
- Say soothing, loving things to yourself.
- Draw or paint a picture.
- Have a foot bath.
- Write about how you are feeling.
- Browse in a book store.
- Ask someone for a hug.
- Burn essential oils in the oil burner.
- Ask for the help and support you need.
- Take a mental health day off if you really need it.
- Do some yoga.

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