

The image features a vibrant green background with a central white wreath made of stylized branches and small circular ornaments. The text 'self-care ideas' is written in a bold, blue, cursive font within the wreath. The corners and bottom edge are decorated with dark blue and white floral and leaf motifs. At the bottom, there are silhouettes of various potted plants in different styles of pots.











self-care ideas



Outdoors

-  Work on your garden – or plant a plant.
Shop for yourself, without over-indulging.
-  Go to the museum.
Hang out at the park.
-  Go for a drive or a day-trip.
Participate in a book club.
-  Be a tourist in your own city.
Volunteer with children or animals.
-  Dress up and go out for a healthy dinner.
Take part in your community by helping a cause you love.
-  Go for coffee or window shop.
Go to a different place/space, even in the work setting.
-  Pick flowers for yourself.
Sing in a choir/sing in the car/sing karaoke.
-  Watch birds or squirrels play in the trees.
-  Join a laughter yoga club.
Watch a movie you loved as a kid.
-  Attend a sporting event.
Pamper yourself with a massage or steam room.
-  Go see a movie with a good friend.
Go fishing.
-  Sit out in the sun.
Get a manicure/pedicure.
-  Go camping.
Go to an art gallery.
-  Go to your favorite landmark in your city.
Count the stars or look up at the clouds and find shapes.
-  Attend an alumnae event.

At Home

-  Have a quiet cup of tea.
Change out of work clothes after work.
Get into something comfy!
-  Use a face mask.
Try a ceramics class.
-  Write yourself a nice note.
Use a sleeping mask.
-  Listen to your favorite song – crank the volume!
Do some zumba
-  Write in a joy/gratitude journal – or simply write to ‘get things out.’
Take a hot bubble bath or shower.
-  Do a puzzle.
Knit something.
-  Sleep in.
Clean your house.
-  Cook a homemade meal.
Try Aromatherapy.
-  Light a candle.
Try a new recipe.
-  Watch a funny TV show, or watch funny videos on YouTube.
Have a craft night.











Miscellaneous

-  Play with pets.
-  Dance spontaneously!
-  Read for fun.
-  Chat with friends.
-  Take time to eat without distraction three times a day (i.e., mindfully).
-  Read/watch something inspirational.
-  Watch animals play.
-  Make a list – a 'to do' list, a 'grocery' list, a 'things you love' list!
-  Ask a friend, significant other or family member to cook with or for you.
-  Plan a vacation or stay-cation.
-  Blow bubbles.
-  Photography.
-  Spend time with someone you know will lift your spirits.
-  Paint a picture.
-  Eat dark chocolate (it's a bit better for you).
-  Call a friend.
-  Hug someone close to you.
-  Cuddle a puppy or a kitten.
-  Perform a random act of kindness.
-  Tell your family you love them.
-  Take time to debrief with a supervisor, colleague or friend.

Self

-  Tell yourself, "I love you."
-  Think positive thoughts.
-  Interpret your dreams.
-  Be intentional about living authentically.
-  Limit your caffeine intake.
-  Give yourself permission to just sit.
-  Daydream.
-  Acknowledge the good in others.
-  Learn to say 'no' / establish your limits.
-  Be in the moment – try not to think about the past or the future.
-  Work to detach yourself from stressful thoughts.
-  Let go - leave perfectionism behind.
-  Meditate.
-  Try something new.
-  Go 'unplugged' for a day – that's right, no technology!
-  Be still.
-  Practice your faith.
-  Make a self-gratification list.
-  Breathe and count to 10.
-  Inhale confidence, exhale doubt.
-  Give back.
-  Accept that you're doing the best you can, even when things don't go as planned.

Exercise

-  Take a walk.
-  Practice yoga or Pilates.
-  Go for a hike and experience new scenery.
-  Go for a swim.
-  Go for a run.
-  Do aerobics.
-  Go for a bicycle ride.
-  Sign up for a 5k walk/run.

