











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 is a row of seven stylized potted plants in various colors and patterns.

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.