

Self-Care Menu

A community-created list of the best-ist tips for making it through the inevitable 🤒 days

Some days, ya just need to give yourself permission to give up for the day and start again tomorrow (if you need that, consider this YOUR permission slip! 😊)

Other days, one or more of the tips below will give you a boost and get your day back on track. (have any to add to the list? Please let me know!)

Social Activities

- Ask someone for a hug – a nice long hug
- Go to a movie w/friends
- Go to Church
- Reach out for a friend
- Retail therapy
- Volunteer/philanthropic work

SOLITARY – active activities

- Take a walk
- Look at pictures of happy times, great vacations, places you want to visit, etc
- Get out in nature
- Have 3 quiet minutes? Think about something you are grateful for for 1 minute. Do this 3 times in a row, something different each minute.
- Play with your dog
- Music – make a “get outta that funk!” playlist – uplifting fun songs that make ya wanna dance!
- Dance
- Take a road trip
- Go for a vigorous hike or workout
- Yoga

Solitary passive activities

- Ask your partner for support (prep or bring home dinner, take care of the kids, etc)
- Breathe
- Do a hobby (paint, write, bike, sports, fishing, gardening, video games, play an instrument, etc)
- Drink a glass of water
- Essential oils (pick 3-5 you love and make sure you always have them on hand)
- Feel through what is going on – sometimes it really DOES suck, and it’s ok to feel that. When ya feel, ya heal. Then decide what to do and how you want to do it
- Funny animal videos
- Get a cup of coffee, tea, hot chocolate or YOUR favorite comfort drink

Solitary passive activities cont.

- Get a massage or facial
- Humor heals – ask for funny jokes and stories, watch a comedy, etc
- Journal
- Light a candle
- Limit distractions (turn off alarms, notifications, tv/music as needed)
- Make a “worry” list:
 1. I literally have no control over and can stop worrying about (global climate change, politics, etc)
 2. I can take immediate action on (eating breakfast, taking a shower, listening to music to lift my mood...)
 3. I can put off to later - a longer term “to do” list (laundry, vacuum, pay bills, etc)
- Make a list of things you’re grateful for, no matter how small (coffee, fresh air, comfy chair)
- Make sure you have things to eat and drink (this is not a time to be super critical of your diet and give yourself another thing to beat yourself up about)
- Meditate
- Music – make a relaxation playlist (look up meditation music or your favorite soundtrack)
- Pray
- Put on comfortable clothing
- Read affirmations
- Read a book
- Remember it’s a bad moment, not a bad day or bad life. List the things that went WELL today!
- Sit on a bench in a park
- Snuggle with your pet or stuffed animals
- Step away from work in any way you can (including going and hanging out in the bathroom! :P)
- Take a bath
- Take a nap
- Take time to focus on your goals
- Turn off all electronics (get OFF Facebook and refuse to watch the news)
- Watch fun tv (DIY shows, comedies, etc)
- What does your gut tell you? (rest, drink more water, call someone?)

Resources:

Meditation:

- [Insight Timer app](#), [Simple “release” technique](#)

Breathing techniques

- [Breathe app](#), [Techniques](#), search YouTube and find loads of instructional videos

Affirmations

- [Louise Hay, my favorite site for affirmations](#)