

# Self-Care Ideas

## The Big List



### EMOTIONAL SELF-CARE

- Allow yourself to cry
- Allow yourself to feel and express all of your feelings safely
- Develop a relaxing evening ritual
- Early morning coffee and newspaper
- Empower yourself through learning and psychoeducation
- Find things that make you laugh
- Flip through old photo albums
- Give yourself affirmations
- Praise yourself
- Go outside and watch the clouds
- Go to the ballet or opera
- Identify comforting activities, objects, people, relationships, places and seek them out
- Intentionally schedule “me time” on your calendar
- Learn to say “no.”
- Light scented candles, oils or incense
- Listen to the radio
- Look at pictures of loved ones
- Make a playlist of upbeat songs
- Make time for self-reflection
- Plant a garden
- Play video games
- Practice receiving from others
- Put up a framed picture or artwork
- Relax
- Reward yourself for completing small tasks
- See a therapist regularly or during times of high stress
- Seek out peer support
- Spend time alone
- Start a gratitude journal
- Take a moment to express gratitude
- Try some adult coloring as a form of anxiety and/or stress release
- Try some mindful exercises to help bring you into the present moment
- Turn off electronic devices for an hour (e.g. computer, phone, TV)
- Write things you like about yourself

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### INTELLECTUAL SELF-CARE

- Be curious
- Clear your email inbox
- Do arts and crafts
- Do jigsaw puzzles
- Enter a competition
- Go to a free public lecture
- Go to a games arcade
- Go to a library
- Go to a quiz or trivia night
- Go to karaoke
- Go to see live stand-up comedy
- Hobbies (stamp collect, model build, etc.)
- Join a public-speaking group
- Learn a new language
- Listen to a podcast
- Listen to an audiobook
- Listen to classical music
- Make a 'To-Do' list of tasks
- Play cards
- Read fiction
- Play musical instruments
- Read classic literature
- Read non-fiction
- Read your favorite book
- Research a topic of interest
- Re-watch a favorite movie
- See a movie at the drive-in or outdoor cinema
- Sketch, paint
- Surf the internet
- Take a cooking class
- Take photographs
- Use online tutorials to learn something new
- Visit a museum or local art gallery
- Watch TV, videos
- Write (e.g. poems, articles, blog, books)
- Write in your journal

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### PHYSICAL SELF-CARE

- Change your hair color
- Cook your favorite meal
- Do some stretching exercises
- Do yoga, tai chi, or Pilates, or take classes to learn
- Drink more water
- Eat chocolate
- Exercise
- Get a massage
- Get medical care when needed
- Get regular medical care for prevention
- Go borrow a friend's dog and take it to the park
- Go camping
- Go dancing
- Go for a bike ride
- Go for a drive in your car
- Go for a swim
- Go get a haircut
- Go hiking, camping, or backpacking
- Go horseback riding
- Go out and spend 10 minutes under the sun
- Go out for something to eat
- Go shopping
- Go to a fair or fete
- Go to a spa
- Go to bed early
- Go to the beach
- Go to the zoo or aquarium
- Have a warm drink
- Jump on a trampoline
- Lift weights
- Put moisturizing cream on my face / body
- Put on perfume or cologne
- Sleep or take a nap
- Stretch your muscles
- Take a walk
- Take time off when needed
- Trim your nails
- Walk barefoot on soft grass
- Wear an outfit that makes me feel good

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### SOCIAL SELF-CARE

- Ask for help
- Avoid toxic people
- Buy gifts
- Call a trusted friend or family member
- Choose who you spend your time with today
- Donate old clothes or items to charity
- Give your pet a bath
- Go online to chat
- Go out and visit a friend
- Have a video call with someone who lives far away
- Hold hands
- Intentionally reconnect with someone you've lost touch with
- Join a support group
- Join an internet dating site
- Play chess (with a friend or at a local club)
- Schedule a regular date night with your significant other
- Schedule a self-care idea each day for the next week
- Send a loved one a card in the mail
- Spend an evening with good friends
- Take a road trip with your siblings
- Take children places
- Talk to or introduce myself to my neighbors
- Teach a special skill to someone else (e.g. knitt, woodwork, paint, language)

### WORKPLACE SELF-CARE

- Arrange your workspace so it is comfortable
- Ask for help when needed
- Balance your workload so that no one day is too much
- Don't eat at your desk
- Start a peer support group
- Take a real break every few hours
- Use paid time off

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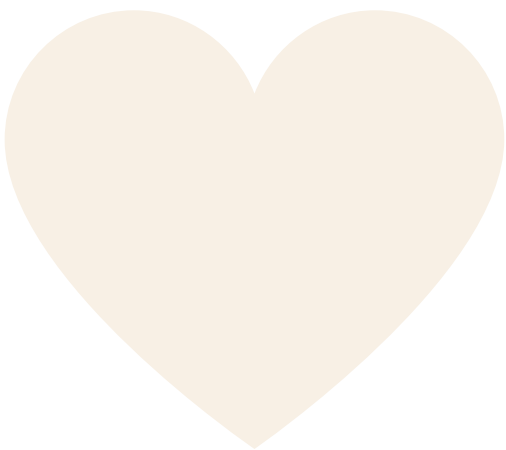
### SPIRITUAL SELF-CARE

- Advocate for others. Find ways to make changes for the betterment of society
- Bake something to share with others (e.g. family, neighbours, friends, work colleagues)
- Be aware of nonmaterial aspects of life
- Be open to not knowing
- Do 5 minutes of calm deep breath
- Do a 10-minute body scan technique to check in with each part of your body
- Do a favor for someone
- Do something nice for someone in secret
- Donate blood
- Donate money to a charity of your choosing
- Express gratitude
- Give positive feedback about something
- Go to your church, mosque, synagogue, temple, or other place of worship
- Have experiences of awe
- Help someone in some way
- Identify what is meaningful to you
- Meditate
- Memorialize loved ones who have passed on
- Pray
- Read inspirational literature
- Spend time in nature
- Volunteer at an animal shelter
- Write a letter to your higher power

### OTHER SELF-CARE IDEAS

- Build a bird house or feeder
- Buy new stationary
- Do the dishes
- Do woodwork
- Feed the birds
- Hold a garage sale
- Make jams or preserves
- Make your bed with fresh sheets

Schedule a self-care idea each day for the next week



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- *Hadiah*, Counselor/ IneffableLiving Founder + Editor