



## Self-Nurturing Activities

By performing at least one or two items from the list every day, or anything else you find pleasurable, you will grow in the important skill of becoming a good parent to yourself.

1. Take a warm bath
2. Have breakfast in bed
3. Take a sauna
4. Get a massage
5. Buy yourself a rose
6. Take a bubble bath
7. Play with the animals or children
8. Walk on a scenic path in a park
9. Have a manicure or pedicure
10. Stop and smell some flowers
11. Wake up early and watch the sunrise
12. Watch the sunset
13. Relax with a good book and/or soothing music
14. Watch a funny movie
15. Play your favorite music and dance to it by yourself
16. Go to bed early
17. Sleep outside under the stars
18. Take a “mental health day” off from work
19. Fix a special dinner just for yourself and eat by candlelight
20. Go for a walk
21. Call a good friend—or several good friends
22. Go out to a fine restaurant just with yourself

23. Go to the beach
24. Take a scenic drive
25. Buy new clothes
26. Browse in a book or magazine store for as long as you want
27. Buy yourself a cuddly stuffed animal and play with it
28. Write yourself a love letter and mail it
29. Ask a special person to nurture you (feed, cuddle, and/or read to you)
30. Buy yourself something special that you can afford
31. Watch an inspiring movie
32. Go to the park and feed the ducks, swing on the swings, and so on
33. Visit a museum or another interesting place
34. Give yourself more time than you need to accomplish whatever you're doing
35. Work on your favorite puzzle or puzzle book
36. Go into a hot tub or Jacuzzi
37. Record positive affirmations for yourself
38. Write out an ideal scenario concerning a goal, then visualize it
39. Read an inspirational book
40. Write a letter to an old friend
41. Bake or cook something special
42. Go window shopping
43. Listen to a meditation exercise
44. Listen to positive, motivational material
45. Write in a special diary about your accomplishments
46. Apply fragrant lotion all over your body
47. Create an altar
48. Exercise
49. Sit and hold your favorite stuffed animal
50. Put a picture of yourself as a child in an honored place in your home
51. Carry a picture of yourself as a child in your wallet
52. Carry Halloween glasses in your car to wear during long commute stalls
53. Whistle