

# Self-Care Ideas

- Sit outside, close your eyes, feel the sun on your face
- Take a walk
- Draw or color an adult coloring page
- Do a 5-minute mindfulness meditation on Insight Timer, Calm, or Headspace
- Read a book that has nothing to do with your job
- Go for a drive
- Watch a funny video on YouTube
- Take a nap
- Look at the clouds and imagine some as animals
- Learn a new hobby
- Practice self-massage on your hands
- Sign up for a mental health app like Sanvello or dbt911
- Stretch all your muscles
- Watch a sunset
- Bake something
- Visit a museum/aquarium/zoo (or their website)
- Take an extra-long shower or bath
- Write in a journal
- Snuggle with a pet
- Smell some flowers
- Give yourself a pedicure or foot massage
- Declutter your workspace
- Video chat with a friend
- Take a break from news/media for a day
- Spend time in nature
- Exercise
- Put on some music and dance
- Try a different soap, bath gel, body wash, or shampoo
- Unfollow someone on social media who you find stressful
- Write down three things you're grateful for
- Light a candle
- Watch kids in your life as they play
- Take three deep belly breaths
- Do some gardening (indoors or outdoors)
- Watch a good comedy show
- Join an online community or support group
- Volunteer to read to children or elderly
- Pop some popcorn and re-watch a favourite movie
- Simplify your to-do list
- Take off your shoes and stand in the grass
- Give yourself a hug
- Remember what you've accomplished so far