

72 SELF-CARE IDEAS

1. Take a walk
2. Smile
3. Plant a garden
4. Hike a Mountain
5. Go to the beach
6. Watch a sunset
7. Read a book
8. Stretch
9. Breathe deeply
10. Give yourself a neck massage
11. Journal your thoughts
12. Take a hot bath
13. Eat a healthy meal
14. Listen to soothing music
15. Volunteer for an organization
16. Chat with a good friend
17. Enjoy a cup of coffee
18. Stop & Smell the Roses
19. Reminisce over old photos
20. Organize a to-do List
21. Take Daily Vitamins
22. Create a life-goal list
23. Take a weekend trip
24. Pick up a new hobby
25. Try cooking a new recipe
26. Go to the gym
27. Forgive someone
28. Practice self-control
29. Drink a glass of water
30. Eat breakfast
31. Re-connect with an old friend
32. Get enough sleep
33. Get a little sun
34. Forgive yourself
35. Eliminate junk food
36. Surround yourself with loved ones
37. Always be yourself
38. Take a weekend trip
39. Write a poem
40. Get some fresh air
41. Try a new restaurant
42. Think positively
43. Control your temper
44. Get a massage
45. Turn off your phone
46. Donate unused items
47. Apologize to someone
48. Be Creative
49. Go to the spa
50. Make new friends
51. Light scented candles at home
52. Put out fresh flowers
53. Take a power nap
54. Educate yourself on a new skill
55. Laugh out loud
56. Join a club
57. Take the stairs
58. Go dancing
59. Read something inspiring
60. Listen to motivational stories
61. Sleep in
62. Give someone a present
63. Do a puzzle
64. Write a Bucket-List
65. Visit a nearby town
66. Write a letter
67. Go to the park
68. Conquer a fear
69. Watch your favorite movie
70. Sit by the fireplace
71. Daydream
72. Have Fun!