*Self-care ideas*

“An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly.”

List adapted from <https://www.developgoodhabits.com/self-care-ideas/>

Practice saying “no.”

Identify when you say “should” and work to rephrase it, maybe “It would benefit me to\_.”

Sew, quilt, or crochet something.

Build or fix something.

Write a limerick or a haiku.

Develop an energizing morning and/or relaxing evening rituals.

Read fiction, poetry, or a magazine.

Listen to an audiobook.

Avoid toxic people.

Find a new hobby, or revisit an old one.

Intentionally schedule “unscheduled time” on your calendar.

Play board games.

Color or do crafts.

Develop a routine.

Listen to a podcast about a topic that interests you.

Declutter or tidy up.

Unplug from email and social media for an hour.

Fix a small annoyance that’s been bothering you at home.

Visit the library or a bookstore.

Work on a jigsaw puzzle.

Attend a 12-step or support group meeting.

Listen to music or make music.

Sing alone or with a group.

Journal.

Forgive someone.

Ask three good friends to give your positive feedback. What do they love about you?

Say only positive things on social media.

Practice deep breathing.

Finish this sentence every day: “I love myself because I \_\_\_.”

Try some mindful exercises to help bring you into the present moment.

​Keep a gratitude jar or journal.

Write encouraging affirmations or inspirational quotes, and place them where you will see them every day.

Stretch, do yoga, or exercise.

Drink more water.

Get a massage.

Go out and spend 10 minutes under the sun.

Spend some time in nature.

Go to bed early.

Take a long shower or bath.

Bake something just for fun or to share.

Buy some flowers that delight you.

Give yourself a manicure or pedicure.

Go to a movie, museum, or comedy club.

Go to the farmer’s market.

Sit in a coffee shop or on a park bench and people watch.

Use aromatherapy.

Take a leisurely walk at the park or around your neighborhood.

Do some gardening.

Light a candle in a dark room and sit in silence.

Watch the clouds or a sunrise/set.

Doodle.

Accompany a friend or family member while they run errands or attend events.

Ask for help.

Call a friend or family member you care about, just to say hi.

Tell someone near you what you appreciate or like about them in a letter or in person.

Intentionally reconnect with someone you’ve lost touch with or have unresolved conflict with.

Send a letter, package, or a postcard to someone far away.

Attend a service with of a spiritual or religious community online or in person.

Make time for meditation in your day.

Donate money to a charity of your choosing.

Help someone in some way.

Intentionally find five unexpected beautiful things on your way to work.

Pray or read scripture.

Engage in Lectio Divina or Visio Divina.

Walk a labyrinth.

Take a break from social media by deleting or deactivating it.

Volunteer at a local shelter, hospital, or nursing home. Be of service to others.

What are you good at? Find an opportunity to use that strength today.

Go outside and take deep breaths. Enjoy the earthy, fresh-air smell.

Be intentional about using your senses.

Create a mantra for yourself.

Connect with a mentor.

Write a note of thanks for good service provided to you.

Spend time with animals.