

33 SELF-CARE IDEAS!

1. Spend time with a parent or mentor—someone who makes you feel protected and inspired.
2. Volunteer to help a cause that means something to you.
3. Listen to music that makes you feel happy.
4. Practice a mindfulness exercise, even if it's just deep breathing.
5. Light some candles and make a warm cup of chamomile tea (add honey for some sweetness!)
6. Think of three positives associated with your current hardships.
7. Take a hot shower for at least 10 minutes, then change into some soft, clean clothes.
8. Do some creative writing—imagine a fantasy scenario, and lose yourself in it.
9. Go to bed early and make sure you get at least a full 8 hours of sleep.
10. Keep your hands busy with a repetitive activity like knitting, sewing or solving a puzzle.
11. Write down ten things in your life that inspire [gratitude](#).
12. Sketch something, whether it's an elaborate drawing or just a doodle of patterns that appeal to you.
13. Go for a hike.
14. Plan a day trip and take photographs of 10 things you see that inspire you.

15. Do some yoga—even just five minutes of very basic positions can help you feel calmer and stronger.
16. Go to a café, order your favorite delicious coffee (or some other kind of luxury drink), and read a book or magazine.
17. Find any reminders of bad times, and get rid of them—they're only adding negativity to your space.
18. Slowly file, buff and paint your nails, then massage soothing cream into your hands.
19. Eat a square of dark chocolate, which is proven to lower the levels of certain stress hormones.
20. Skip your household chores for a **full** day.
21. Empty out your wardrobe, and donate old, ill-fitting or unappealing clothes to charity.
22. Head to the gym and sweat out your stress with a serious workout.
23. Head to a beautiful, quiet place and watch the sunset. Bonus points if you can find somewhere by the water.
24. Dance to your favorite songs, and really put your whole body into it!
25. Watch a movie that is guaranteed to make you laugh.
26. Go cycling or running in a beautiful place (you'll get the endorphins flowing and expose your mind to natural beauty).
27. Switch off from the internet for a **full** day.
28. Cook a healthy meal that's packed with delicious, fresh vegetables.
29. Interact with your pet, or go to a place where you can touch some animals (e.g. a petting zoo or cat café).

30. Reorganize your workspace, getting rid of clutter. Research shows that this helps to declutter your mind too.
31. Look up a meet-up group ([meetup.com](https://www.meetup.com)) that has to do with something that inspires you. You can literally search anything of interest! Find one, and attend. —it's good for your social life and great for pent-up frustration.
32. Book a massage, a manicure, or a facial. If you can afford it, book all three!
33. Take a hot bath with Epsom salts.