

Self Care List

- Sit in the sunlight for 10 minutes
- Drink a lemonade
- Buy a pair of well-fitting jeans
- Choose an apple over a cookie
- Choose a cookie over an apple
- Organize a space or room that's been bugging you
- Scrapbook
- Try a new skincare regimen
- Pray
- Meditate
- Workout
- Take a solo walk, jog or bike ride
- Read a book
- Go to the movies
- Get a manicure/pedicure
- Get a message
- Get a haircut
- Schedule annual doctor appointments on the calendar
- Meet friends for a coffee or drink
- Talk out a problem with someone you trust
- Seek help for something you've been struggling with
- Donate your "skinny clothes"
- Make a green smoothie
- Go thrifting/antiquing
- Buy a fun new item at the grocery store that's just for you
- Take a hike
- Inhale/diffuse calming essential oils
- Cook a new-to-you recipe
- Take a community education class
- Listen to music
- Garden
- Take a bubble bath
- Take a mental health day
- Take a new-to-you fitness class
- Watch the sunrise or sunset
- Curl your hair/try a new hairstyle
- Binge watch a TV show
- Make cookies just for the dough
- Buy yourself a bouquet of flowers
- Give up a bad habit
- Take a nap
- Craft or DIY a project
- Color in an adult coloring book
- Listen to an inspiring podcast
- Make a cup of tea or coffee
- Do a puzzle
- Stretch for 10 minutes

