

## Self-Care Ideas



### Mental Self-Care Ideas and Activities

- Avoid toxic people.
- Learn not to feel selfish when you say “no.”
- Take “should” out of your vocabulary. Stop feeling you “should” be doing things.
- Take a nap without an alarm clock.
- Learn more about your local history.
- Challenge your negative thinking.
- Take another route to work, or do a routine differently. Develop new neural pathways and keep your brain healthy by mixing up your routine in small ways.
- Learn how to make a budget and keep track of your money. These money-saving apps can help.
- Read fiction for an hour.
- Find a new hobby or revisit an old one.
- Intentionally schedule “me time” on your calendar or planner.
- Reward yourself for completing small tasks.
- Get some inspiration by reading stories of people who overcame adversity.
- Buy a coloring book and crayons. Adult coloring is actually good therapy.
- Goof or play around for five minutes several times throughout your day.
- Catch up on your favorite blog.
- Establish and stick to a routine. Your personal routine can be grounding in times when life seems chaotic.
- Use online tutorials to learn something new (i.e., Photoshop or Excel).
- Discover your stress indicators, such as mood swings, shortening temper, or feeling drained, overwhelmed, or angry. Use these “warning signs” to let you know you need “me time” and some self-care.



### Emotional Self-Care Ideas and Activities

- Allow yourself to feel and express all of your feelings (in a safe and appropriate environment). For example, if you are angry, go into a private closet and scream, rather than taking it out on your secretary.
- Ask three good friends to give your positive feedback. What do they love about you?
- Dedicate a week to saying only positive things on your favorite social media channel.

## **(More) Emotional Self-Care Ideas and Activities**



- Do one thing today just because it makes you happy.
- Finish this sentence every day after you wake up: “I love myself because I \_\_\_\_\_.”
- Try some mindful exercises to help bring you into the present moment.
- Keep a running list of great things people say about you. Read it when you feel down.
- Try some adult coloring as a form of anxiety and/or stress release. This can also serve to help you focus, be more mindful and perhaps spark some creativity.
- Look at yourself in the mirror and imagine that you’re your best friend. What would you tell you right now?
- Define only three daily goals. This makes goals achievable, while also allowing for normal “emergencies” at work that might take up your time.
- Recite some self-love affirmations.
- Remind yourself of the good stuff in life by writing a list of things you’re grateful to have. Then post it somewhere you can see it often to help refocus your emotions when you feel down.
- Revisit happier times by reading old emails, letters, or postcards from friends and family.
- Give. Do it unconditionally, and with no strings attached. See how good it feels to help others without expecting reciprocation.
- Set photos of your loved ones as the wallpaper of your phone or laptop so you can look at them when you need inspiration.
- Take a moment to name your emotions without judging them.
- Stop being your harshest critic. Allow yourself to make mistakes. No one is perfect. Realize this means you too!

## **Social Self-Care Ideas and Activities**



- Accompany a friend or family member while they run errands or attend events.
- Ask for help. Let people know you need some help.
- Ask friends and family to remind you that things will be OK, and that what you’re feeling is temporary.
- Call a friend or family member you care about, just to say hi.
- Call a trusted friend or family member and talk things out.
- Choose who you spend your time with today. Spend time with people who are enthusiastic and positive.
- Converse positively with someone in customer service.
- Cuddle someone or something. Don't be afraid to ask for it!
- Dress your pet in a silly costume and show them around to make others smile.

## **(More) Social Self-Care Ideas and Activities**

- Go out in public and be around other people. Engaging is optional.
- Tell someone near you what you appreciate or like about them.
- Have a picnic with family or friends.
- Host a family movie night over the weekend.
- Intentionally reconnect with someone you've lost touch with or have unresolved conflict with.
- Join a support group for people who are going through what you're going through.
- Join and attend a support group meeting. Share and listen.
- Leave a funny voicemail for someone you care about.
- Make cookies or brownies and give them away to a neighbor, family member, friend, or even strangers.

## **Spiritual Self-Care Ideas and Activities**



- Attend a church or spiritual community service.
- Make time for meditation in your day.
- Do a 10-minute body scan technique to check in with each part of your body.
- Do several one-minute body awareness meditations throughout the day.
- Do several one-minute breathing meditations throughout the day.
- Do several one-minute thought awareness meditations throughout the day to check in with your feelings and emotions.
- Do something nice for someone in secret.
- Donate money to a charity of your choosing.
- Help someone in some way. Open a door, carry a bag, or feed someone's parking meter.
- Intentionally find five unexpected beautiful things on your way to work.
- Pay mindful attention to the things you do during your morning and evening routine.
- Practice relaxation techniques.
- Pray.
- Read some spiritual literature.
- Share with someone less fortunate, be it some extra lunch or clothes you no longer want.
- Memorize passages from the Bible (or any spiritual or religious text).
- Sit somewhere green and be still and quiet for a few minutes.
- Soften your expectations of you and others.
- Take a break from social media by deleting or deactivating it.
- “Turn the other cheek” and be the better person when you disagree with someone.

