

## **Ideas for Self Care**

- *Take a nap*
- *Take a long walk*
- *Read*
- *Spend time with people who are affirming, optimistic and nurturing*
- *Play/work outdoors (skiing, skating, winter barbecue)*
- *Save notes and letters that are complimentary, read them often*
- *Learn new skills*
- *Engage in new hobby*
- *Write down self-positive adjectives*
- *Notice and appreciate humor*
- *Pray or meditate*
- *Take at least thirty minutes alone time per day*
- *Journal*
- *Rent a comedy video*
- *Plant spring bulbs in indoor pots*
- *Turn phone off for at least half an hour*
- *Light candles; buy fragrant candles*
- *Listen to music*
- *Do deep breathing exercises*
- *Puzzles, clay or Silly Putty*
- *Plan a vacation-call a travel agent*
- *Image and visualize-concentrate on a comforting scene*
- *Bring comforting photos to work (loved ones, vacations)*
- *Get a therapeutic massage*
- *Give yourself flowers*
- *Treat yourself to a new body cream/lotion*
- *Wear favorite, comfortable clothing*
- *Take a break*
- *Find a special quiet place and make it your own*
- *Get tickets to a play or concert*
- *Visit/call a friend*
- *Exercise*
- *Eat healthy snacks, watch nutrition; take vitamins*
- *Take a plane or balloon ride*
- *Soak feet in special foot soap (Johnson's, Scholl's)*
- *Plan ahead-schedule medical and dental appointments*