

50 SELF-CARE IDEAS

1. Take a moment to check-in with yourself. How are you feeling right now? What bodily sensations do you notice? What do you need today?
2. Schedule in something fun to do this week.
3. Turn off any unnecessary notifications/alerts on your phone.
4. Monitor your self-talk. Challenge any negative inner chatter that comes up and start exploring alternative viewpoints and more compassionate ways of thinking.
5. Put your phone, laptop and any other devices out of sight and have a technology free couple of hours (or day!)
6. Book some days off and plan how you are going to spend them.
7. Take yourself off to your cosy bed and have an early night.
8. Create an evening routine that will help you to wind down.
9. Ask for help with a task that you are having difficulty carrying out or that is too time consuming for one person to take on!
10. Reach out for the support you need with any issues you are currently experiencing (which may be impacting on your peace of mind).
11. Manage your To Do list. What do you need to do and when by? What can you drop, delegate or delay to free up some more time?
12. Give yourself a loving hug!
13. Spend time connecting with the people in your life who uplift and support you.
14. Remind yourself of what your boundaries are and say 'No' to something today.
15. Create a playlist that makes you feel happy and joyful.
16. Spritz on your favourite scent.
17. Go to the gym, join an exercise class, do a workout at home or go outside and get moving (whatever your prefer!)

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18. Listen to a podcast that entertains and interests you.
19. Have a mindful shower. Select a gorgeous smelling shower gel and just focus on what you can smell, feel and hear as you shower. Then slather on a lovely, moisturising body lotion!
20. Visit your favourite spot in nature and engage your senses. Take in the sights, sounds, smells, and textures around you.
21. Slip into your comfiest clothes!
22. Pick up a novel and escape into the world of fiction for a while.
23. Breathe deeply and recite a soothing and calming affirmation.
24. Listen to an inspiring TED talk.
25. Join a network or group that is related to your hobbies or interests.
26. Put on your favourite tunes and declutter your living space.
27. Have a journalling session. Find some journal prompts online or think of a question that you would like to reflect on. Alternatively, just free flow and write down whatever is on your mind!
28. Listen to a guided meditation.
29. Have a go at some craft activities and get absorbed in your own creative projects.
30. Set yourself some inspiring and meaningful goals. Now think of some small steps that you can take towards them this week.
31. Build a sense of anticipation by visualising your future plans and then write about what you really want out of life.
32. Write down all the things you are grateful for right now.
33. Find some nutritious recipes that you would really like to try and cook a few of them this week.
34. Appreciate at least one thing about your body every day.

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35. Have a digital detox (unfollow accounts, unsubscribe from email lists, tidy up your inbox, delete files you no longer need, and organise your existing files and folders).

36. Take your lunch break away from your workstation.

37. Write about your achievements and how you made each of them happen.

38. Put on some upbeat music and have a dance around the house.

39. Review your finances, identify where you can cut any unnecessary expenditure, and start saving for something that you really want to do.

40. List all of your best qualities and strengths. How do they show up in your daily life?

41. Schedule some time to explore a new hobby today.

42. Notice when your people pleasing tendencies arise. Start challenging the thoughts that come up when you feel pressure to meet other people's expectations or standards.

43. Give yourself a day (or a morning/afternoon) that is just for you and all the activities you like to do (or put your feet up and do nothing!)

44. Sign-up for an online or face to face course that piques your interest.

45. Take some time to identify your core values. How can you live more in alignment with them?

46. Write about the good parts of your day.

47. Plan some activities or experiences to look forward to this year.

48. Watch a film or TV series that never fails to make you laugh.

49. Make some positive changes in your life. What isn't working or serving you anymore? What steps can you take to improve things?

50. Do something that makes you feel alive! What activities or environments make you feel full of life and energy?