Self-Care Ideas

Self-care is an easy concept to understand, but can be difficult to put into practice.
Here's a simple list of ideas to help you create moments of self-care throughout your day.

Physical

- Take a nap
- Drink a glass of water
- Stretch or do yoga
- Go for a walk
- Create something with your hands (cook, craft, garden, etc.)
- Do breathing exercises
- Make a healthy meal

Emotional

- Listen to music
- Light a scented candle
- Look through photos
- Wear your favorite outfit
- Call an old friend or family member
- Watch a show that makes you laugh
- Do something nice for someone else

Psychological

- Make your bed or organize your space
- Turn off your phone or use Do Not Disturb
- Learn something new
- Spend time outdoors
- Practice saying "no"
- Avoid social media
- Add "me time" to your calendar

Spiritual

- Create a mantra or words of inspiration
- Journal
- Make time for prayer, meditation, or reflection
- Express gratitude
- Volunteer for a cause you believe in

Workplace

- Write a list of things you've done
- Take time off
- Take proper breaks throughout the day
- Set reasonable goals
- Engage with peers
- Organize or personalize your desk