



Self-Care ideas.

Self care is an important concept to get our head around. As the saying goes, we can give to others if our cup is empty. Sometimes the smallest things can make a big difference to the way we feel and therefore we have a little bit extra to give to others again.

For instance, idea 22 – prepare the next days things so you don't rush as much in the morning frees up the mind space to relax and enjoy your breakfast and others around you. Or, 66 Have a picnic reading session outdoors in the park. Especially in winter when the sun warms our body and helps us get some much needed Vit D to pick us up; or one we may not think about, or 128 edit who I follow on social media (if they don't bring me joy, they gotta go—no matter how nice, inspiring, or cool they are).

There are over 200 ideas here, which ones are you likely to give a go. Remember, if there are any resistance, judgements or reactions that come up, write the feeling down and [tap it out](#). If there are memories, complete the Forgiveness exercise.

1. Let go of perfectionism, do great work, but don't stress over it.
2. Reassess your priorities, what was important when you were 20 may not be so now
3. Assess your diet, if on a diet, is it sustainable? Are the foods the right mix for your body
4. Make time for exercise. Squats around the house, walk presses, dancing are easier?
5. Practice meditation, reflect and let go of the heavy thoughts, welcome the successes
6. Prepare and eat a meal mindfully, digestion is improved, and you share more with others
7. Get a monthly massage, the touch alone is therapeutic, let alone the relaxation
8. Give yourself a digital detox, birds and insects make music too.
9. Read a novel, a chapter a day can be a great escape into a world you want to entre
10. Use a planner or a calendar to intentionally schedule "me time."
11. Create a bath ritual in the darkness with only a candle and your favourite oils
12. Create and enforce boundaries.
13. Define your values, what do you stand for, and what are not negotiable. Yes, relationships may change, but you will be respecting you.
14. Communicate your emotional needs, if you are not sure what they are, talk with a counsellor or therapist. Sometimes, we haven't been allowed to be honest with ourselves let alone ask others.
15. Go to a movie by yourself.
16. Test drive a sports car, plant the seed of a dream. It may come true.
17. Go to the beach or mountains, Nature heals the soul.



18. Seek out your passion, living your passion makes life easier and truthful
19. Catch up on your doctor's appointments.
20. Sleep in... guilt free
21. Get a babysitter.
22. Prepare the night before.
23. Get your car cleaned, like a clean house, it removes the visual distraction from your space
24. Hire a housekeeper.
25. Do a sport that you don't allow yourself to do often: running, walking, hiking, biking, swimming, yoga, etc
26. Go to a therapist or coach, no harm in checking doubts or fears to see if they are real or even yours to begin with.
27. When you feel the need to go to the bathroom... get up and go
28. Delegate, where can you encourage others to take responsibility for their own duties, growth and development. Especially for younger people or things just aren't yours to deal with. Hand them back and create your own space.
29. Get a manicure and pedicure, or haircut, or treatment, what ever makes you feel pampered.
30. Take a nap, 10 min cat naps or power naps have been shown to recharge and help to power on. Call it closed eye meditation if you need to.
31. Order in dinner, look after your needs occasionally and indulge.
32. Create a date night for yourself, either in house, or out. Do something you normally wouldn't do.
33. Help someone else, create a win-win.
34. Use essential oils and aromatherapy to lift your mood and calm the mind
35. Listen to inspiring podcasts, let the message talk to your subconscious to grow the seeds of good.
36. Cuddle with your partner, kids or friends. Touch is therapeutic, hugs releases healing endorphins
37. Take a yoga class, stretch the muscles, blood vessels and lymphatics to increase circulation to and from the cells.
38. Learn to say "no, " with love. Self-respect your boundaries, values, time, and priorities. The more we self-care, the more the subconscious looks after you back.
39. Dial back your expectations of others, upset is generated when our expectations are not met. Don't compromise on your values, but don't expect other to think, feel or do as you would.
40. Ask a friend for support, it builds friendships and can take the pressure of you to perform at all times. You can repay the help in other ways at other times.
41. Cut back on alcohol, it might feel good in the short term to drink, but long term?



42. When you're feeling hungry... get yourself some food. Be mindful of your choices and ask your body what it really needs.
43. Take up a creative hobby. Creativity opens up many more things than the craft box.
44. Get a pet or help out at the local RSPCA. We know animals, like young kids are unconditionally accepting. Sometimes, this is all we need to know. That we are ok at our core and get to touch something that is pure love.
45. Meditate & Journal your thoughts get them out. Dig deep enough and you can get to the other side of inspired thought and action. You never know where it can take you.
46. Cancel plans when you feel bad, sometimes we just need to stay home and hang out on our terms.
47. Deal with your baggage. Who or what is driving your beliefs, thoughts and actions? Are they really yours if you inherited them, or accepting them when you were a kid? Maybe not. Now you are an adult, is it time to clean out our belief cupboard and be sure you are stocking what is really important to you?
48. Watch the sun rise or set. Don't take any pictures or post about it on social media. Just watch.
49. Work on your personal growth, get help to work out what your baggage is, we all have it.
50. Take the time to cook yourself lunch or your favourite meal
51. Take a walk and reflect on how grateful you are for your life
52. Go to the beach and gaze out at the ocean
53. Go to the local free art gallery
54. Try the "First Session Free" pass at local gyms, dance school, etc. You might actually enjoy it and start another path of self-actualisation.
55. Take a long shower and use the beauty products in your own cupboard
56. Look through all the beautiful things you already own like fine china, nice clothes, etc., and use them now
57. When you notice you're feeling thirsty... get a drink of water
58. Change the linens on your bed
59. Clean your house
60. Declutter your pyjama and underwear drawer
61. Go through your closet and purge the clothes you haven't worn in years. Donate them to a charity.
62. Wear your "good" bra on a "regular" day
63. Get out in nature
64. Write positive affirmations or inspirational quotes on small pieces of paper, then go to a bookstore and hide them in random books for strangers to find.
65. Take a hot bath with essential oils
66. Have a picnic reading session outdoors in the park



67. Self-massage with sesame oil or coconut oil
68. Give yourself a hair mask
69. Get rid of clutter.
70. Sugar scrub your skin and moisturize afterwards
71. Make peace with your flaws, we all have them. If you think yours are greater, or would like to explore options to work with them, get professional help
72. Visit a friend and cook together, even if it's leftovers, it will be fun!
73. Declutter a room in your house. Depending on how many rooms you have, you could have a 'new' house in a few weeks.
74. Set a timer and spend 45 minutes beautifying a room
75. Wash and vacuum the car
76. Focus on eating better food, do you know what foods work best for you and your body? If not sure, complete the [symptom checklist](#) and then get help.
77. Do a few minutes of yoga or meditation
78. Replace your old mascara
79. Get outdoors no matter the weather situation
80. Try to find somewhere you can skip rocks on water.
81. Use your nice "special occasion" things today (glassware, china, candles, etc)
82. Buy yourself flowers or pick from your garden
83. Go through your previous holiday photos
84. Watch your wedding video
85. Spend an hour on your makeup
86. Dust and polish your fine items, arrange them to bring out their beauty
87. Hire a cleaning service to do a one-off spring clean
88. Have your hair trimmed, coloured, styled or all three if that makes you feel good
89. Take an afternoon nap, or power nap. Recharge the batteries so you cope easier.
90. Listen to inspirational videos on YouTube
91. Drink a good glass of wine or champagne
92. Change all your PINs motivating words or numbers example: I'm a winner; Loveyou
93. Buy a new mop, broom, dustpan and chuck out the dirty ones
94. Go to the library and read for a few hours
95. Plan a dream holiday, plant the seed and allow it to blossom.
96. Give a compliment to a stranger, makes there day and yours.
97. Swap clothes with your girlfriends
98. Call or Skype a friend for a good chat
99. Help someone with a random act of kindness
100. Set your camera to macro and take close-up pictures of bugs, flowers, and anything else that catches your eye outside your home or in a public space.
101. Sit on the front porch. Just. Sit.



102. Take a bubble bath—complete with candles and calming music.
103. Take a leisurely walk without a goal, garden inspiration, or paint colours for you next project
104. Put on a homemade face mask.
105. Give myself permission to binge watch my latest show obsession without guilt.
106. Do something crafty: colouring, knitting, sewing.
107. Go to the library or bookstore. Sit in a comfy chair and read.
108. Watch funny YouTube videos.
109. Sit in the grass and watch the clouds float by, you did that as a kid too didn't you?
110. Look at the stars and make a wish
111. Have a dance party to your favourite music.
112. Take a mental health day—and feel not an ounce of guilt about it.
113. Burn a candle or diffuse some oils that have scents that bring me joy.
114. Sit in a coffee shop and sip on a luxurious drink.
115. Walk around the fancy grocery store without a list. Buy different ingredients and experiment with them.
116. Try out a new hobby.
117. Cook breakfast for myself before anyone else.
118. Sing at the top of my lungs. Preferably in the car and with the windows down.
119. Go for a drive—no destination required.
120. Take a walk downtown
121. Close myself in a room and listen to the latest episode of my favourite podcast.
122. Go to the park and play on the playground. Be a kid again!
123. Go swimming (for fun, not exercise).
124. Wear an outfit that makes me feel great. Even if I have no reason to (I AM the reason!).
125. Declutter a spot in my house that's been bugging me.
126. Bake a dessert I love. And then eat it.
127. Have a picnic (by myself even).
128. Edit who I follow on social media (if they don't bring me joy, they gotta go—no matter how nice, inspiring, or cool they are).
129. Go to a museum: art, childrens', history, science—whatever brings you joy that day!
130. Go to a cocktail hour at a bar—enjoy a drink!
131. Buy a fun treat for myself at the store when I go grocery shopping.
132. Spend time out in the garden.



133. Take the time to do your hair and makeup, if it helps you to feel good about yourself.
134. Write a list of 10 things I'm grateful for and why.
135. Buy myself a new set of pens or markers.
136. Write a letter (or an email) to an old friend.
137. Cook a fancy meal for no other reason than I deserve a fancy meal.
138. Try acupuncture. Read up on it if you've never tried it.
141. Get a book from the library (free) or bookstore about some topic you've been interested in.
142. In the morning, listen to music that inspires and motivates you.
143. Write a list of things you're grateful to have in your life and post it somewhere you can see it often.
144. If you bring your lunch to work, pack a few extra items to share with someone less fortunate on your way or during your lunch break.
145. Share a kind smile with strangers.
146. Start a cycle of encouragement. Tell someone near you what you appreciate about them.
147. Bring a little cheer to your local animal shelter. Pet the kitties and walk a dog. You don't necessarily have to take one home with you.
148. If you buy your morning coffee, skip it today and donate the money to a charity of your choosing.
149. Call your mom, dad, or any other family member you care about just to say hi.
150. For fun, dress your pet in a silly costume and take them on tour to make others smile.
151. Learn how to sew. Self-sufficiency may have some other mental health benefits as well.
152. Send a completely random care package to someone you love. Who doesn't love a surprise?
153. Intentionally re-establish contact with someone you've lost touch with or have unresolved conflict with. If there is conflict, resolve it and let go of the unnecessary baggage.
154. Try out a form of martial arts. A lot of schools offer a free lesson.
155. Learn how to make a budget and keep track of your money coming in, going out, and know how much money you have right now. If you live week to week, this can be incredibly empowering.
156. Take a moment at the end of each day and consciously list a few good things in your life. This can help refocus your emotions on all the positive things that happen each day, even when it doesn't seem like it.
157. Turn off your phone and step away from the computer for a whole day.
158. Carry some extra change and feed someone's meter if you see it running low.
159. Take a few minutes out of your day and enjoy a funny animal video on YouTube,



160. Create something for no practical purpose such as a song, a poem, an essay, a painting, a drawing, a comic strip, a collage, etc.
161. Start a genuine conversation with someone you care about that covers the following: things that are going well, things you're having a hard time with, and things you are grateful for.
162. Lay on the floor on your back with your eyes closed for five minutes (or longer) and just breathe.
163. Shower with all the lights off. It forces you to move incredibly slow and it's so relaxing.
164. Stare at your pet or another animal and seriously contemplate their existence. Do you think they believe they have a higher purpose?
165. Rearrange all of your furniture in a way that makes you more comfortable or just to try something fresh in your living space.
166. Check in with yourself a few times each day and take a moment to process your thoughts and emotions. Don't let them build up.
167. Swing on a swing set. Too many adults forget how much fun this is.
168. Call your friend or sibling when you know they can't answer and leave a ridiculously funny made up song as your voicemail. You'll spread a little laughter while also laughing in the process.
169. Make up a brand-new dance move and teach it to someone.
170. Do a five-minute meditation on your feet.
171. Carve a couple hours out of your schedule this weekend to enjoy the classic film
172. Make brownies and give them away to a neighbour, family member, friend, or someone you know that could use a pick-me-up. Enjoy any leftover batter.
173. Karaoke, while completely sober.
174. Worry less about your bathroom scale or any other appliance that makes you feel bad about yourself.
175. Tell your cat all of your darkest, most shameful secrets. His or her nonchalance and snuggles will remind you that you're okay.
176. Share dorky pictures of yourself from middle school and angsty teenage poetry and drawings with your friends. Ask for your friends to share theirs with you. This is a great way to let go of feelings of shame or any embarrassment you might be holding onto from those awkward years.
177. Tell yourself something that resists self-criticism but feels encouraging like, "I'm doing the best that I can."
178. Write something encouraging on a post-it and put it where you will see it every day! Or write directly on your mirror: "I am beautiful and brave."
179. Say a magnificent affirmation out loud, like "I am a child of the universe, and I have been given endless talents and capabilities."



180. Commit to posting mostly or only positive things on your favoured social media site for a while. For every sad news item, there's a related (or unrelated) story of resilience, bravery, and triumph.
181. Write a review of a business you like. Send that positive energy into the universe and share some love for your favourite local places!
182. Do something you used to like to do, whether or not you were or are "good at it." Remind yourself that you can do something just because you enjoy it, and the only way most people get better at something is practice.
183. Read a book that's easy and fun. You can give it away to a younger person in your life after if you feel like giving it up.
184. Listen to an album you loved when you were younger but haven't heard in a long time.
185. Make a playlist or mixtape about your current mood. Give yourself permission to make one that expresses how you feel, or maybe even how you'd like to feel.
186. Congratulate yourself for doing difficult things, even if they might not seem difficult to others.
187. Send a postcard to someone far away. Decorate it before sending it.
188. Go to a store that sells crystals and buy one that speaks to you. Look up what it means or does. Sometimes they are \$1 or less!
189. Reflect on the struggles your ancestors endured so you could exist and remember that you have inherited their strength and resilience.
190. Try to memorize one constellation you don't already know and find it in the sky tonight.
191. Select a lesser-known book by one of your favourite writers and dive into the pages.
192. Use a site like meetup.com, find something you're interested in, and commit to attending at least one meeting.
193. Learn a new board game you've never played such as chess, backgammon, or othello.
194. If you play guitar, try learning a song from a genre you don't typically listen to.
195. Find a spot in a busy place such as downtown, a bus station, or a mall and sit in silence with nowhere to be.
196. Read a religious text you aren't familiar with.
197. Build something spectacular with Legos, either from a kit or from your imagination.
198. Dedicate a day to learning more about the local history where you live.
199. Go for a walk around the neighbourhood or hike a local trail you've never been on.
200. Cook a healthy and delicious meal using fresh ingredients you rarely splurge on.
201. Plant something—a tree, a small vegetable garden, a flower.
202. Sing! Turn up your favourite sing-along tunes and channel whoever moves you.
203. If you live near a body of water and have access, go kayaking or canoeing. Bring a buddy and wear a life vest.



204. Go to a local gym or park and shoot some hoops, even if basketball isn't really your thing; don't worry about being "good" at it.
205. Get that trendy or fashionable haircut you've been thinking about but always talk yourself out of.
206. Finish this sentence: "I love myself because I _____." Do this once per day, with a new ending each time.
207. Watch a couple episodes of a feel-good sitcom for a few giggles. Have an exit strategy so you don't get sucked into an all-day marathon and feel guilty for it.
208. When you wake up in the morning, get in the habit of making your first thought a positive one: "I am ready for today." "Today is a new opportunity." "I will do something I am proud of today."
209. Touch nature every single day. Hug a tree, pick a flower, or run your fingers through some grass.
210. Pilates!
211. Cut some fresh flowers and display them prominently to lift your spirit.
212. Go to a comedy club. Laughter really is the best medicine.
213. On a clear night, find a safe and secluded spot away from the lights of the city, grab a blanket, stare up at the stars, and let your mind wander from big to small thoughts.
214. Attend a local music performance. Many small clubs, restaurants, and coffee shops have free admission for some shows.
215. Listen to a chapter or two from an audiobook.
216. Instead of always going to the tried-and-true, try a new restaurant this week. You might discover a new go-to.
217. Next time you're getting lunch, buy lunch for the person behind you in line. Say you're "paying it forward" and walk away with a smile on your face.
218. Book a night at a hotel outside of town, somewhere you've never spent much time. Explore the scene and enjoy the sights.
219. Go wine tasting. It's an inexpensive way to sample a variety of local wines you might not be able to find in stores.
220. Learn Photoshop, Excel, or some other program you've been wanting to learn.
221. Take your mom, dad, or another family member to lunch. You'll be glad you did.
222. Write a limerick or a haiku!



What emotions came up while you were going through the list?

What did you make it mean? What are the stories and beliefs about this memory?

Whose beliefs are they and do you need to forgive and why?

For the things that need forgiving, repeat the following affirmation and really feel into it.

I forgive you.

I'm sorry.

Thank you.

I love you.