

Re-Envisioning Self-Care for the Tired Parent

By K.C. Dreisbach, LMFT

Enjoy this list of 50 different ideas for engaging in self-care and stress relief. There are more choices than just the ones listed, but I wanted to show you ideas that shouldn't cost you extra money out of your pocket. Try to apply a few ideas throughout the week. For simpler ideas, such as journaling, try to apply it daily for optimum stress relief.

1. Journaling
2. Keeping a gratitude journal
3. Painting
4. Sculpting
5. Dancing
6. Working out at the gym
7. Enjoying a special treat or drink
8. Going for a walk
9. Going for a hike
10. Going for a bike ride
11. Swimming
12. Going for a drive in the car
13. 10 minutes of quiet time
14. Practicing Deep Breathing/Belly Breathing
15. Progressive Muscle Relaxation
16. Taking a shower
17. Taking a bubble bath
18. Reading a book
19. Reading a magazine
20. Doing a puzzle
21. Doing a logic puzzle
22. Playing a video game
23. 10 minutes surfing the web
24. Completing Grounding exercises
25. Meditating
26. Stretching exercises
27. Practicing mindfulness
28. Giving yourself a manicure or pedicure
29. Practicing yoga poses
30. Going to sleep 10 minutes early
31. Sleeping in by 10 minutes
32. Watch a movie
33. Watch an episode of your favorite TV show
34. Call a friend
35. Listen to music
36. Play an instrument
37. Sing
38. Practicing positive affirmations
39. Practice self-forgiveness

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40. Having a picnic
41. Listen to an audiobook during long commutes
42. If you have a pet, taking 5-10 minutes to play with it
43. Going for a run
44. Write poetry
45. Read poetry
46. Bake or cook something enjoyable
47. Garden
48. Do photography
49. Take 5-10 minutes to look at photobooks of pleasant past memories
50. Read motivational essays or books