

50 Self-Care Strategies

Put an X by the ones you already do. Circle ones you want to try.

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| Go for a walk in nature | Eat a meal mindfully |
| Earthing | Pray or meditate |
| Journal | Read |
| Take a bath | Exercise |
| Dance | Clean out your closet |
| Take five deep breaths | Watch a movie |
| Put on a guided meditation | Say something nice to yourself |
| Stretch | Take yourself on a date |
| Move your body | Laugh |
| Make a cup of tea | Listen to a podcast that uplifts |
| Draw, paint, color | Drink a glass of water |
| Create an altar | Go swimming |
| Put your phone away | Learn a new language |
| Give yourself flowers | Volunteer |
| Call a friend | Simplify |
| Make a healthy meal | Organize your space |
| Light some candles | Go somewhere new |
| Practice yoga | Write a love letter to yourself |
| Do something that brings joy | Sing out loud |
| Make a gratitude list | Play an instrument |
| Put your legs up the wall | Plan an adventure |
| Pet an animal | Give someone a compliment |
| Pay attention with your 5 senses | Unplug for a day |
| Take a nap | Spend time outside |
| Hug someone | Do something creative |