

## HANDOUT

# Self-Care Ideas

Movement or exercise (the kind you enjoy and feels good, not something solely with the aim of weight loss or changing appearance or which you only do because you feel you should: think dancing like your pants are on fire vs. sit ups, or a mellow bike ride on a nice day rather than a trainer yelling at you in an air-conditioned gym)

Cooking or baking; eating things that are good for you, but also tasty

Doing something creative, like making music, writing, cooking, painting: you don't have to be an expert at it, you just need to pick something where you enjoy the process

Baths or showers (singing like you were at karaoke in the shower is often a good touch: pick a song that's a guilty pleasure for bonus happymaking points)

Getting outside/out of doors

Meditation or prayer

Watching a favorite movie, reading a good book, listening to music

Slowing your breathing

Visiting a museum

Getting a haircut or getting your hair washed

Talking to friends or family you know you can trust and who are good to you

Hanging out with friends, family or other community for a distraction

Journaling

Turning off your phone ringer. Better yet, leaving the phone behind for a while, period.

Leaving love letters to yourself on the mirror with post-it notes

Gardening

Take a day trip somewhere, by car, bus or bike: you can even be like a tourist in your own town or city, checking out things you wouldn't as a resident, but visitors usually want to see or do

Clean up, spruce up or rearrange your room or apartment

Spending as much time as you want at the library or a bookstore

Sitting somewhere comfortable and relaxing. Seriously, just plain sitting.

Watch silly videos online.

Visualizing something awesome

Making sure to leave school or work on time, rather than overworking or overachieving)

Playing with toys, or do something else playful and child-like, like futzing with playdough, coloring in a coloring book, or with chalk on a sidewalk, or reading a favorite book from when you were a child.

Letting yourself cry, especially if you're a bottler

Doing something simple or small that gets you closer to a goal or dream

Volunteering

Scrapbooking

Saying nice things about yourself to yourself

Taking time to do something deeply silly or really frivolous

Playing with pets

Learning to do something you have always wanted to do: try something new

Window shopping, or cruising through Pinterest

Finding somewhere you can yell your head off and yelling like there's no tomorrow

Making a playlist of songs you know either cheer you up, soothe you or help you feel the things you're feeling

Having a picnic: can even be all by yourself

Manicures or pedicures

Make a space for yourself in your room that's dedicated to self-care

Taking a minute to recognize and acknowledge your strengths, talents or achievements

Saying no to someone or something: setting a limit

Helping other people in small ways that feel good, not stressful

Going to bed early or letting yourself sleep in for a change

Forgiving other people or letting go of anger or upset you have with someone, or more than one someone

Dressing in clothing that makes you feel comfortable, handsome, beautiful, sexy or all of the above!

Having a pillow fight

Massage (self-massage or a massage from someone else)

Daydreaming

Disappearing in the good way: leave your cell at home, unplug from the net, and go get yourself lost and quiet, all by yourself, somewhere you feel safe where no demands will be made of you

Taking yourself out to dinner or lunch

Insisting on self-care time and space with others as needed; insisting on self-care to yourself