

## Self Care Ideas

### Wellness Self Care

- Colon screening
- First aid kit
- Floss
- Flu & cold kit
- Health screenings
- Kegels
- Lymphatic massage
- Mammograms
- Massage
- Medication mgmt
- Personal safety
- Physicals
- Preparedness
- Skin cancer check
- Sunlight
- Sunscreen
- Vaccinations
- Vascular care
- Vitamins
- Weight mgmt

### Hydration Self Care

- Hydration tracking
- Spa water
- Water bottles

### Sleep Self Care

- 10-11 pm bedtime
- Bed/room set-up
- Blue light screen
- Evening routine
- Herbal tea
- Humidifier
- Lavender
- Satin pillowcase
- Sleep hygiene
- Sleep mask
- White noise machine

### Fitness Self Care

- Abs/core work
- Balance exercises
- Balance/fall prevention
- Bodyweight exercises
- Dance/Belly dance
- Fall prevention
- Foam roller
- Hiking
- Kick boxing
- Pilates
- Resistance bands
- Skating
- Strength training
- Stretching
- Swimming
- Tai Chi
- Take the stairs
- Walking
- Weights

- Workout Wed.
- Yoga

### Nutrition

- Cinnamon
- Cocoa, dark chocolate
- Coffee
- Comfort food
- Farmers market
- Fresh produce
- Herbs and spice
- Honey
- Intermittent fasting
- Oatmeal
- Sheet pan roasting
- Smoothies
- Tart Cherry juice
- Turmeric
- Tea
- Vitamin D
- Yogurt; probiotics

### Memory Self Care

- Crossword puzzles
- Discussion
- Games/cards
- Keep a diary
- Learn language
- Learning/classes
- Making/repair/DIY
- Math
- Novelty
- Photography
- Podcasts
- Puzzles
- Play an instrument
- Reading book 20 min.
- Scrapbooks
- Take notes/make lists
- Team sports
- Travel
- Trivia games
- Vitamins B6, B12

### Social Self Care

- Active listening
- Alumni groups
- Birthdays
- Boundaries
- Celebrations
- Classes
- Clubs and groups
- Date nights
- Dinner time
- Family time
- Friendships
- Holidays
- I-statements
- Pets
- Relationships
- Reunions
- Validation/support

## Relaxing Self Care

- Ambient videos
- Aromatherapy
- ASMR
- Bubble bath
- Candles
- Essential oils
- Fairy lights
- Fireplace video
- Herbal tea
- Home spa day
- Hygge
- Mani-pedis
- Massage
- Naps
- Poultice rooms
- Quartz roller
- Sauna
- Spa socks

## Emotional/Mental Self Care

- Accommodations
- Acupressure
- Affirmations
- Alternative rebellion
- Boundaries
- Breath work
- Cognitive distortions
- Counseling
- Daily routines
- Distress tolerance
- Emotional regulation
- Feel your feelings
- Fidgets
- Gum
- Grounding
- Journaling
- Lavender
- Light therapy
- Mastery
- Middle path
- Mindfulness
- Mood tracking apps
- Peppermint
- Pet therapy
- Positive self-talk
- Radical acceptance
- R.A.I.N
- Recovery
- Self-care box
- Self-soothing
- Shadow work
- Social media detox
- Sunlight
- Stress management
- Support groups
- Tapping
- TIPP
- Weighted blanket
- Woebot app
- Worry list/jar

### Work/School Self Care

- Accommodations
- Arrive early
- Blue light filter
- Capsule wardrobe
- Clean/organize desk
- Desk stretches
- Do what you love
- Ergonomic seating
- Email-free weekend
- Flexible schedule
- Go outside for lunch
- Growth mindset
- Job coach
- Job share
- Kudos binder
- Leave on time
- Lighting
- Manage procrastination
- Motivational quotes
- Movement breaks
- Organizers
- Pack lunch/ snack
- Personalize workspace
- Plan homework; projects
- Professional development
- Screen breaks
- Single tasking
- Solution orientation
- Standing desk
- Study skills
- Take the stairs
- Take sick leave
- TED Talks
- Tele-work options
- Work-life balance

### Giving Self Care

- Advocacy
- Appreciation
- Call someone
- Civic involvement
- Coaching
- Compliments
- Donations
- Give blood
- Gratuities
- Hang a bat house
- Hang a bird feeder
- Inclusion
- Make something
- Mentoring
- Plant for pollinators
- Recycling
- Reviews
- Send cards
- Send care packages
- Teaching
- Thank you notes
- Volunteer work
- Vote

### Home

- Air purifier
- De-clutter
- DIY/Repairs
- Feng shui
- Garden
- Holiday décor
- Natural light
- Organization
- Preparedness
- Security
- Ventilation
- Yard

### Car Self Care

- Alternate routes
- Audio books or podcasts
- Emergency kit
- Maintenance
- Phone free driving
- Sing in the car
- Zero road rage

### Financial Self Care

- Budget
- Debt mgmt
- Insurance
- Savings

### Goal-setting

- Checklists
- Inspirational quotes
- Manifestation
- Planners
- Purpose
- Resolutions
- SMART goals
- TED Talks
- Values and purpose
- Vision board
- Visualization
- VITALS

### Spiritual Self Care

- Angel work
- Aura work
- Astrology
- Chakra work
- Crystals
- Energy work
- Faith community
- Forgiveness
- Gratitude
- Labyrinth
- Mandalas
- Medals and charms
- Meditation
- Moment of silence
- New moon intention
- Prayer
- Reiki
- Religion

- Sacred space
- Smudging
- Spirit guides
- Watch the sunrise or set

### Covid-19/Flu Self Care

- Air purifier/ventilation
- Distance work/learning
- Hand washing
- Masks
- Safe gatherings
- Sanitation
- Smell training
- Social distancing

### Fun Self Care

- Bowling
- Bucket lists
- Buy yourself flowers
- Campfire and s'mores
- Camping
- Classes
- Cloud watching
- Coloring
- Concerts
- Crafts
- Decorating
- Dining out
- Fairs and festivals
- Games
- Gardening
- Geocaching
- Hobbies
- Holidays
- Ice cream/frozen yogurt
- Library
- Listen to music
- Mini golf
- Movies & TV
- Museums
- Music
- Parks
- Pets
- Picnic
- Reading
- Road Trips
- Scavenger hunts
- Shopping
- Singing
- Star-gazing
- Theme parks
- Trains
- Travel
- Visit a crystal shop
- Vacations
- Walk in a pretty part of town
- Walk in the woods
- Walk on the beach
- Weekend planning
- Workout with a friend