

Self-Care Idea List

1. Practice yoga
 2. Make a smoothie
 3. Read a book
 4. Have a no-screen day
 5. Use the food guide for meals and snacks
 6. Make a pot of tea
 7. Start a beautiful skincare routine
 8. Start weekly manicures and pedicures
 9. Compliment yourself everyday
 10. Call a friend
 11. Have a bubble bath
 12. Listen to some classical music
 13. Practice breathing techniques
 14. Go for a walk
 15. Write your thoughts down
 16. De-clutter a drawer
 17. De-clutter a closet
 18. Clean 1 room
 19. Fix your bed
 20. Make a menu
 21. Have a cup of coffee
 22. Pray
 23. Take care of a plant
 24. Do a jigsaw puzzle
 25. Put on makeup
 26. Dress nicely
 27. Play a game
 28. Laugh
 29. Paint or craft
 30. Dye your hair
 31. Light a candle
 32. Bake something
 33. Listen to someone
 34. Plan something
 35. Write a list
 36. Make a flower arrangement
 37. Stretch
 38. Wear a sheet-mask
 39. Get fresh bedding
 40. Have a nap
 41. Snuggle up for a movie
 42. Get up early
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