

50 WAYS TO PRACTICE SELF CARE

- #1 – Go for a walk
- #2 – Drink less coffee
- #3 – Try aromatherapy
- #4 – Drink green tea
- #5 – Sing!
- #6 – Squeeze a stress ball
- #7 – Shake it off!
- #8 – Have a laugh
- #9 – Do some coloring
- #10 – Take a nap
- #11 – Have a healthy snack
- #12 – Get a massage
- #13 – Be optimistic
- #14 – Limit alcohol
- #15 – Look at fractals
- #16 – Switch to a healthier diet
- #17 – Manage your time
- #18 – Cook or bake something
- #19 – Eat chocolate!
- #20 – Practice yoga
- #21 – Play a game
- #22 – Do some gardening
- #23 – Say “No” more often
- #24 – Book a mini-vacation
- #25 – Have a quiet day
- #26 – Book guided imagery session
- #27 – Tap into the power of prayer
- #28 – Declutter your home
- #29 – Clean your house
- #30 – Keep a gratitude journal
- #31 – Get a water feature
- #32 – Drink more water
- #33 – Absorb positive energy
- #34 – Positive affirmations
- #35 – Don’t over commit
- #36 – Hire a cleaner
- #37 – Create a home spa
- #38 – Try tapping
- #39 – Listen to the sound of nature
- #40 – Have a digital declutter
- #41 – Meditate
- #42 – Breathing exercises
- #43 – Keep a journal
- #44 – Learn to be assertive
- #45 – Stop procrastinating
- #46 – Visit an aquarium
- #47 – Accept things for what they are
- #48 – Accept yourself for who you are
- #49 – Try earthing
- #50 – Don’t stress the stress!