

# self care list

## Emotional Self-Care

- Learn to say “no.”
- Intentionally schedule “me time” on your calendar or planner.
- Reward yourself for completing small tasks.
- Develop a relaxing evening ritual.
- Allow yourself to feel and express all of your feelings .
- Try some mindful exercises to help bring you into the present moment.
- Try some adult coloring as a form of anxiety and/or stress release.
- Take a moment to allow your feelings to be present without judging them.
- Stop being your harshest critic. Allow yourself to make mistakes.

## Physical Self-care

- Do some stretching exercises.
- Take a walk.
- Get a massage.
- Go out and spend 10 minutes under the sun.
- Go for a bike ride to nowhere in particular.
- Go hiking, camping, or backpacking and spend some time in nature.
- Go to bed early.

## Social self-care

- Avoid toxic people.
- Ask for help. Let people know you need some help.
- Choose who you spend your time with today. Spend time with people who are enthusiastic and positive.
- Intentionally reconnect with someone you’ve lost touch with or have unresolved conflict with.
- Schedule a regular date night with your significant other.
- Take a weekend trip.

## Spiritual self-care

- Make time for meditation in your day.
- Do a 10-minute body scan technique to check in with each part of your body.
- Do something nice for someone in secret.
- Donate money to a charity of your choosing.
- Help someone in some way.
- Find an opportunity to use your strengths, the things that energize you, more often.