

# 60 SELF-CARE IDEAS CHECKLIST

Self-Care ~ Taking personal responsibility for one's own physical, emotional, mental and spiritual health

Give yourself the gift of self-care



- Have a support system**
- Learn to identify and process emotions**
- Learn to say no**
- Create and believe in your own boundaries**
- Find solitude**
  - ✓ Clear your mind, gather your thoughts and slow down
- Practice mindfulness**
  - ✓ Focus on the present moment and really pay attention to what is going on
  - ✓ Keeps you in the present moment
  - ✓ Prevents senseless worry about the future and nagging thoughts of the past
- Get a treatment at the salon**
- Take a hot aromatherapy bath**
- Do something that is fun, senseless and makes you relax.**
- Create a morning routine that helps you get centered for the day**
  - ✓ Meditation, prayer, visualization, an uplifting podcast, exercise
- Facial massage**
- Read a book**
- Spend time with friends**
- Drink a hot cup of herbal tea**
- Turn off all noise and find healing in silence**
- Cooking keeps you grounded and in touch with what you are eating**
- Be grateful for all you have**
- Break free from negative and/or unhealthy people**
- Get up slowly without a blaring alarm**
- Create a beautiful garden for yourself to sit in and relax**
- Practice deep breathing several times each day**
- Meditate**
- Do nothing for some time each day**
- Plan periods of time in your schedule without plans**
- Be spontaneous**
  - ✓ Do something spur of the moment, take a drive, read, take a nap, go to lunch with a friend, or just watch TV
- Exercise and physical movement**
  - ✓ Releases feel good chemicals in the brain
  - ✓ Reduces stress
  - ✓ Detoxifies the body
  - ✓ Greatly improves mood
- Take a scenic drive**
- Practice yoga**
  - ✓ More than sixty benefits for mind, body, and spirit
  - ✓ Effects stay with you long after each session has passed
- Have sex with your partner in love**
  - ✓ Promotes relaxation, stimulates release of feel good hormones in the brain
  - ✓ Intimacy nurtures emotional health and feeds your soul
- Get some sun**
- Inhale wellness with essential oils**
- Recharge with a spa day**
- Practice positivity**
- Be okay with disappointment**
  - ✓ It's okay to be disappointed with yourself
  - ✓ It's okay if others are disappointed in you
- Be your own best friend**
- Spend time alone to rest, refuel and regroup your mind and spirit**
- Create calming surroundings (home, office and car)**
- Consider your friends and relationships**
  - ✓ Do they fulfill you, support your wellbeing, and inspire you to be your best, or do they drag you down?
- Consider your routine**
  - ✓ Is it chaotic. Does it make you crazy?
  - ✓ Make changes as needed with a focus on your wellbeing
- Make a list of your greatest qualities and read it often**
- Stare at the clouds**
- Play like children do**
  - ✓ Childlike play feeds the spirit, and promotes emotional health
- Scrutinize your schedule**
  - ✓ Is it overfilled? Are overly burdened?
  - ✓ Make every possible effort to eliminate things that cause overwhelm
- Fix nagging annoyances**
  - ✓ Change that light bulb, make that phone call, fix that stuck drawer
- Just one thing**
  - ✓ Do one thing that makes you happy every single day
- Unplug all electronics for a half hour each day**
- Evaluate your social media updates**
  - ✓ Do you really need to be bothered with constant updates from 100 plus people?
  - ✓ Information overload promotes stress and prevents your mind being calm and centered
- Listen to your body for hunger, thirst, exhaustion**
- Dance**
- Stretch**
- Plan your meals**
  - ✓ Eat healthy by planning ahead and having it ready
  - ✓ Avoid eating junk food when you get too busy to consider a healthy meal
- Practice positive self-talk**
- Spend time in nature**
- Splurge - Buy yourself something self-indulgent, just because**
- Laugh regularly for the health of mind, body and spirit**
- Take a quick nap**
- Take up a hobby or sport**
- Candlelit dinner for one**
  - ✓ Take yourself out for a delectable gourmet dinner and celebrate your own company
- Journal**
  - ✓ Allows you to vent frustrations, process emotions and reflect
- Receive love freely**
  - ✓ Love is the ultimate healer, no matter how bad things get, love can pull you out.
  - ✓ Seek it, receive it and give it.
  - ✓ The best self-care medicine there is.

[Disclaimer: This information is for general purposes only and is not intended to treat, cure, or prevent any disease or medical condition. You should seek the care of your doctor before starting a new exercise routine or before changing other dietary or lifestyle habits. Reading or using this information does not constitute a doctor-patient relationship, nor does it constitute a coach-client relationship.]