



## 100 self-care ideas

- Yoga
- Stretch
- Walk
- Pilates
- Boxing
- Get out in nature
- Workout
- Dance
- Run/Jog
- Swim
- Hike
- Have a massage
- Have a hot shower
- Have a bubble bath
- Do a face mask
- Shave your legs
- Pluck your eyebrows
- At home pamper day
- Have a nap
- Moisutrise your entire body
- Paint your nails
- Try a hair mask
- Cook a yummy meal
- Go out for a coffee
- Go out for food
- Meditate
- Pray
- Smile
- Practice mindfulness
- Write a list of what you're grateful for
- Mindful breathing
- Read a book
- Digital detox
- Sing
- Laugh
- Watch your favourite TV series
- Pet your dog
- Paint or draw something
- Colour in
- Listen to music
- Enjoy your favourite chocolate
- Do some handstands and cartwheels
- Declutter your home
- Write a love note to your partner
- Write down your goals
- Write down countries you want to visit
- Look through a photo album
- Watch a film
- Practice positive affirmations
- Say no to something you don't want to do



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- Create a vision board
- Use some essential oils
- Try origami
- Try macrame
- Try calligraphy
- Try martial arts
- Go crystal shopping
- Cleanse your crystals
- Bake a cake
- Cuddle a loved one
- Plan a trip
- Watch the sunset
- Get up with the sunrise
- Buy a house plant
- Create something
- Start learning a new language
- Make greetings cards
- Go out for food
- Try a new recipe
- Text a friend
- Call a loved one
- Go to the beach
- Get to bed early
- Turn your phone off
- Go to a bookstore
- Do a body scan
- Go for a drive
- Listen to a podcast
- Write what you love about yourself
- Sort out your handbag
- Put fresh sheets on your bed
- Write a mini story
- Go to the hairdressers
- List what you are proud of
- Enjoy a cup of tea
- Burn some incense
- Buy some new underwear
- Travel
- Sit and be present with yourself
- Doodle in a notepad
- Go on a date (alone/with partner)
- Invest in yourself
- Have a girlie sleepover
- Wear your fluffiest jumper
- Grounding/Earthing
- Journal
- Light a candle
- Have a cry if you need to
- Unfollow people on social media
- Talk about things you love