

60 WAYS TO TAKE CARE OF YOURSELF

PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
take a walk	take a deep breath and positively affirm your feelings	look at photos from an experience you enjoyed	find time daily to connect with nature
ride a bike, skateboard, or scooter	share feelings about an experience with a friend	read a book	meditate or pray
soak in a hot bath with candles and music	listen to the music you like	make a to-do list and cross things off as you accomplish them	do something to help in your community
unplug from technology	create joyful rituals	do a puzzle or mind games	create time for social gatherings with friends and family
stretch and move to music	hug someone or ask for a hug from someone	say an affirmation	learn about a culture or religion this is different from your own
sign up for a group exercise class (yoga, spinning, tai chi, water aerobics)	play with animals/pets	write a poem or draw or paint a picture	visualize yourself in a peaceful place
sit in the sun for 15 minutes	call a friend or family member who lives far away	listen to a podcase or talk radio	practice unconditional love and forgiveness with self and others
make one positive change to your diet	take time to notice what you are feeling several times a day	list things you will do to improve your life	practice being present in the moment
watch birds and animals interact in nature	write a letter to someone who has hurt you, but do not send it	email, text, or write a letter to a friend	develop daily quiet time routine to connect and center yourself
take up a new hobby	feel your fear and take a positive risk for positive change	update negative beliefs that limit your life	learn something new about your culture or family
sit in a garden or park	smile at a stranger and send them thoughts of peace, acceptance, and joy	journal daily about your thoughts, reactions, and feelings for a month	connect with how you would like to be remembered
take a nap	look at something cute	list your wants, needs and traits in a relationship	do something to feel connected to your community
treat yourself to a massage or other relaxing activity	talk to your inner child in a loving, joyful way	make a list of short and long term goals	help out a friend, family, member or stranger
remove physical clutter	acknowledge yourself for accomplishments you are proud of	set an intention for your day upon awakening, review before you go to sleep	enjoy what you most enjoy