

5 Areas of Therapeutic Self-care

Physical Self-care



Exercise, Nutrition

Hydration, sufficient sleep, natural light, medication

Yoga, breathing, hygiene, supplements.

Spiritual connection



Prayer, meditation, spiritual community & spiritual traditions, forgiveness, finding purpose & meaning.

Strategies to support my Well-being.

Lifestyle practices



Structure/routine, time management

Time in nature, fulfilling work, setting goals, pleasant activities.

Humour, Music therapy, Creative self-expression,

Stress regulation, Relaxation, time for beauty.

Mental & emotional



Self-care

Restructuring cognitive processes, Self-forgiveness

Taming the inner critic, working through grief.

Experiencing your feelings.

Social support



Encouraging family & friends

Therapy/support groups

Volunteer work, spending time pets.

Self-Care Activities

1. Go outside and take a relaxing walk in nature.
2. Have some warm tea (Chamomile is very calming!)
3. Eat at your favourite restaurant, or get a take-out.
4. Go on an outing - have an adventure - hiking, exploring new & interesting places.
5. Play cards.
6. Write down 5 things you like about yourself.
7. Listen to a funny or inspiring story.
8. Buy an adult colouring book & try it.
9. Attend a sports event.
10. Write an empowering quote on a sticky note & put it on your mirror.
11. Attend a concert, play, or dance recital.
12. Learn something new, e.g. a foreign language
13. Step away from technology. Turn your phone off for an hour.
14. Have a get-together with friends, or family.
15. Enjoy your favourite dessert.
16. Do not compare yourself to others and don't dwell on the past.
17. Watch a funny movie, or a stand-up comedy show.
18. Live in a clean & tidy space & give away things, which you don't need.
19. Dance around the house to your favourite music.
20. Visit your friends.
21. Solve a puzzle, crossword, etc.
22. Get a massage.
23. Be creative e.g. craft work, art work.
24. Try a new sport, bicycling, tennis, golf, boating, squash, etc.
25. Watch your favourite TV show.
26. Go to a coffee shop.
27. Meditate or try yoga.
28. Attend a museum or exhibit.
29. Take a lengthy bath/shower.
30. Stay in your pajamas all day.
31. Bake something - try a new recipe or an old favourite!
32. Make breakfast for dinner!
33. Spend time with animals.
34. Write in your journal.
35. Read something inspiring.
36. Take a nap.
37. Write a gratitude list.
38. Watch the sunset.
39. Care for your houseplants, or plant flowers.
40. Go swimming.
41. Stop thinking negative thoughts about yourself and others.
42. Listen to peaceful music.
43. Join a group, e.g. photography group, bible studies group.
44. Paint your nails or get a pedicure!
45. Deep condition your hair.
46. Get a hobby.
47. Plan a vacation.
48. Make a smoothie.
49. Wear clothes that make you happy.
50. Eat chocolate ... moderately.