



# *Self-Care* Ideas

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# SELF-CARE IDEAS

Welcome to this list of self-care ideas. As explained on the blog post [How to start a self-care journal](#), I'll be updating this list here in the Resource Library every other month. I'll mention that in my newsletter when I've made updates.

Have fun trying out these ideas. Feel free to email me and let me know how it goes. [[alicia@journalette.net](mailto:alicia@journalette.net)]

Let's get started!

1. Meal plan (Especially if you're anything like me and tend to turn to quick -junkie-snacks if I'm not prepared)
2. Be conscious of your self-promises (remember that embarrassing grocery store incident above? Sticking to the promises you make to yourself your promises is emotionally and mentally supportive)
3. Get more sleep (most of us are lacking)
4. Rest (yes, rest is different than sleep).
5. Get (more) fresh air
6. Go for a walk (in nature if possible. Nature is healing)
7. Call a supportive person, talk, listen.
8. Vent (to that supportive person) about something that's bothering you. But! put a time limit on it so it doesn't become habitual complaining

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9. Disconnect from social media if you feel you're glued to it and it's not helping your mental state. Too much social media makes me miserable #facts
10. Make your favorite drink and snuggle up with an entertaining book
11. Read a fantasy book
12. Read a cheesy romance book (if you're into that. They can be so much fun)
13. Read something uplifting. A book I'm digging right now: Alexandra Franzen's *You're Going to Survive*. I love pretty much everything by Alexandra. She helps me remember I'm magic. We all are.
14. Another great book I cuddle up with if I need a boost: Kamal Ravikant's *Love Yourself Like Your Life Depends on It*
15. Write in your self-care journal (or any journal you keep). Unsure what to write about? See my list of 48 things to write in a journal.
16. Meditate. There's a meditation I recorded that helps you relax at the end of the day. You can find it in the Resource Library
17. Stretch
18. Yin yoga (my absolute favorite types of yoga and Yogi Nora is fab. I do the stretches in this video – and some of her others in her program – almost daily)
19. Nidra yoga (another favorite of mine)

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20. Restorative yoga (as you can tell, I love yoga)
21. Move/ exercise
22. Get a massage
23. Start a self-care kit
24. Start a self-care emergency kit
25. Get a manicure? You can try one at home if going out for a mani isn't in your budget
26. Give yourself a home (or spa) pedicure
27. Go for a facial or do a home facial
28. Gift yourself a day spa treatment if that's in your budget
29. Take a bubble bath
30. Do some form of art (draw, paint, do crafts)
31. Color (coloring pages is therapeutic and helps you build focus muscles)
32. Pick up a camera, or your phone, go outside and capture moments. Really take time to see and notice more than you usually do.
33. Start a playlist of your favorite, dreamy, relaxing songs that you can put on when you need a little boost
34. Go out dancing
35. Stay home dancing
36. Watch funny videos
37. Try drawing as a meditation
38. Use a relaxation app like Calm
39. Declutter your closet of just one thing (repeat this another day)
40. Clear some space. Got a kitchen table with letters piled high? Set a timer and tackle it in chunks of 15 minutes over a period of a week (it's hard to have a clear mind when you have a cluttered environment).

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41. Listen to a fun podcast here's one of my favorites (Tara Brach). Here audios and meditations are life-restoring
42. Call a loved one you've been missing/meaning to speak with
43. Take up a new hobby you've been wanting to try
44. Live near a beach? Go there and dip your feet in the water for a few minutes if it's warm. Or just stroll in the sand. Ocean air is invigorating, so is the noise of the waves.
45. Take a few minutes to journal write something you love about yourself (physical or otherwise)
46. Write a list of things you're grateful for
47. Try a new, yummy, recipe
48. Give yourself a foot massage and thank you feet. Sounds weird, I know. I do this especially after days when I've walked a lot. Yes, I actually thank my feet for all the hard work they did that day for the day.
49. Do a foot soak (then do the foot massage I just mentioned
50. Remind yourself that you're worthy of love and of living. There's nothing you need to do or be to be worthy. You just are. (write this down if you need to. Allow this thought to override some of the negative ones that tend to roll around in your head, especially when feeling overwhelmed or down).