

88 SELF-CARE IDEAS

1. Sit in the sun.
2. Turn off your phone.
3. Say no.

“There is nothing new under the sun, but there are new suns.”

— OCTAVIA E. BUTLER
PARABLE OF THE TRICKSTER (UNFINISHED)

4. Breathe deeply.
5. Play with a pet.
6. List three things you're grateful for.
7. Talk to a friend.
8. Stretch or do yoga.
9. Take a nap.
10. Make your favorite meal, no matter how simple.
11. Take a bath or shower.
12. Watch a movie.
13. Play a videogame.
14. Take photos of the same object from three different angles.
15. Listen to music.
16. Go for a walk.
17. Write in your journal.
18. Write a loving note for your future self.
19. Learn a language.
20. Join an online class.
21. Visit a museum or art gallery. You can also browse online collections.
22. Dance to a favorite song.
23. Go hiking.

“I think the most important thing for you to do in the meantime is live. It is a very involving job, which takes much concentration and practice.”

— JEWELLE L. GOMEZ
THE GILDA STORIES (1991)

24. Watch a stand-up special.
25. Read a poem.
26. Leave a nice comment.
27. List three things you're good at.
28. Get a haircut.
29. Play a musical instrument.
30. Act out a soliloquy.
31. Make a bucket list.
32. Knit, crochet, or cross-stich.
33. Work on a vehicle.
34. Solve a logic puzzle.
35. Memorize a favorite quote.
36. Write a letter to someone who has made your life better and tell them why. You don't have to send it.
37. List a few people you admire and why.
38. Draw a picture.
39. List five things you like about your own work.
40. Pay a kindness forward.
41. Sing an upbeat song.
42. Pick up a new hobby.
43. Do an arts and crafts project.
44. Plan a vacation.
45. Organize your work space.
46. Throw away, recycle, or compost something you don't need.
47. Volunteer.
48. Get a massage.
49. Smile at your reflection.
50. Call a loved one.
51. Learn how to sew.
52. Send a care package.
53. Reestablish contact with someone you've lost touch with.
54. Watch a cute animal video.
55. Lie down for five minutes and observe the physical sensations in your body.
56. Swing on a swing set.
57. Go to a support group.
58. Sit in a hot tub or sauna.

59. Give yourself some words of encouragement.
60. Make a zine.
61. Write a positive review.
62. Do something you're not good at.
63. Congratulate yourself for doing something difficult.
64. Send a postcard.
65. Identify a constellation.
66. Play a board game.
67. People-watch.
68. Learn some local history.
69. Garden.
70. Play a sport.

“Yet, even amidst the hatred and carnage, life is still worth living. It is possible for wonderful encounters and beautiful things to exist.”

— HAYAO MIYAZAKI

71. Think about something positive as you fall asleep.
72. Touch something in nature.
73. Go to a music performance.
74. Listen to a podcast.
75. Try a new restaurant.
76. Learn how to use a software program.
77. Write a limerick.
78. Fold origami.
79. Skip a rock on water.
80. Make a collage.
81. Ask for help.
82. Go window-shopping.
83. Help someone.
84. Drink some water.
85. Look up funny gifs.
86. Wear an outfit that makes you feel confident.
87. Take your medication.
88. Invent something new.