

Self-Care Ideas

take care of basic needs

eat a favorite food

drink some water

get some sleep

your idea: _____

do things that are distracting

make something with your hands

play a video game

listen to your favorite music

watch a funny video

read a magazine

draw something

clean or organize a space

your idea: _____

draw on positive emotions

cuddle with your pet

say something positive about yourself outloud

make a list of things you're grateful for

your idea: _____

focus your emotions

write down what you're thinking

talk to someone about what you're feeling

draw your emotions

your idea: _____

release some energy

go for a walk outside

clean something

dance to some upbeat music

your idea: _____

try something relaxing

do some deep stretching

take a hot shower

practice meditation

give yourself a massage

get a massage from someone else

try focused breathing

sit outside and look at the stars

your idea: _____

let go of negative feelings

scream into a pillow

call someone you trust

go to a support group

your idea: _____

plan for the future

make a to-do list

make plans for later

agree to check in with someone

your idea: _____



Keep Track of Your Self-Care

What is useful as a daily practice, to help me stay well?

What is useful as a weekly practice, to help me stay well?

What is useful as a monthly practice, to help me stay well?

What is useful to help me recharge, so I avoid becoming overwhelmed?

What is useful in the moment, when I am feeling overwhelmed?
