

Self-care Activity List

Laugh
Cry
Scream
Stomp your feet
Pace
Walk – aimlessly or mindfully
Crawl
Dance
Sing
Hum
Rock Yourself
Hold Yourself
Wipe your kitchen counters
Punch something (like a pillow)
Make an appointment for a haircut
Wash and style your hair
Apply makeup
Go without makeup
Pot a plant
Re-pot a plant
Buy fresh flowers
Give a plant to a neighbor or friend
Take in your neighbor's trash/recycle bins
Sit in silence
Create a room spray
Connect your device to a tv
Listen to a podcast
Browse a local bookstore
Play music from your teenage years
Play music while you clean
Sing while cooking
Journal
Practice being courageous
Say no and mean it
Change your phone's lock screen
Learn to paint in watercolor
Take an essential oil bath
Soak your feet
Massage your feet
Put lotion on dry skin
Re-read a favorite book
Play with playdough
Get a slinky
Get out of bed
Make your bed
Take a shower
Brush your teeth & floss
Turn off lights
Close cabinet doors
Fold your laundry
Wash dirty clothes
Pick up 5 things and put them away
Wipe down your kitchen counters

Turn up the heat
Turn on the air conditioner
Open a window
Schedule a physical
Schedule a dental cleaning
Say 'I am enough' 5 times a day
Do PT exercises if prescribed
Make a list of things you've already accomplished and check them off anyways
Create a meditation space or Reiki shrine
Burn incense
Smoke cleanse your home
Eat pancakes for dinner
Call a friend you've been thinking about
Set a phone boundary
Set a social media boundary
Ask your child how their day was
Doodle
Color
Paint your nails or toenails
Get physical for 5 minutes at a time
Leave work on time
Get to work on time
Take lunch
Take a break at work
Avoid toxic people at work
Turn off and unplug at the end of your workday
Ask your child to help with a chore, and let them, and laugh with them
Tell a joke
Have a date in your own home with your partner
Take a walk with your partner
Treat any errand with your partner as special time, and try to make it fun
Leave a love note under your partner's pillow
Play with your pet
Tickle your toddler
Set a rule to go to the bathroom when you need to no matter what
Clean out a closet
Light a candle
Let someone else do a chore, no matter how much you believe you do it better
Water your plants
Sweep or vacuum the floor
Lie on the floor in shivasana without doing a yoga class first
Stretch
Listen to your body