

SELF-CARE IDEAS

- ☐ = I've tried it
☐ = I want to try it

QUICK TIPS	SENSATIONS & SELF-SOOTHING	INDULGE
<input type="checkbox"/> <input type="radio"/> Scroll through photos of happy memories on social media	<input type="checkbox"/> <input type="radio"/> Use scented oils, lotions, candles, etc.	<input type="checkbox"/> <input type="radio"/> Send yourself a bouquet at work
<input type="checkbox"/> <input type="radio"/> Step outside and spend a few moments in nature	<input type="checkbox"/> <input type="radio"/> Put on fuzzy socks	<input type="checkbox"/> <input type="radio"/> Plan (and take!) a vacation
<input type="checkbox"/> <input type="radio"/> Complete a (not-too-difficult) task that you've been putting off	<input type="checkbox"/> <input type="radio"/> Apply a heating pad to your neck	<input type="checkbox"/> <input type="radio"/> Buy yourself that thing you've been wanting, but not something you would normally buy for yourself
<input type="checkbox"/> <input type="radio"/> Tell someone how you're <i>actually</i> feeling instead of saying "fine"	<input type="checkbox"/> <input type="radio"/> Heat your towels or bathrobe in the dryer	<input type="checkbox"/> <input type="radio"/> Redecorate your workspace
<input type="checkbox"/> <input type="radio"/> Do something playful	<input type="checkbox"/> <input type="radio"/> Use shower steamers (alternative to bath bombs!)	<input type="checkbox"/> <input type="radio"/> Spend a night at a hotel, order room service, and relax!
<input type="checkbox"/> <input type="radio"/> Stretch	<input type="checkbox"/> <input type="radio"/> Chill your face lotions/products in the fridge before using	<input type="checkbox"/> <input type="radio"/> Take the day off work or school and spend it in a park
<input type="checkbox"/> <input type="radio"/> Replace self-defeating thoughts with optimistic reframes	<input type="checkbox"/> <input type="radio"/> Repetitively tap chest or shoulders	<input type="checkbox"/> <input type="radio"/> Upgrade your cell to the latest model
<input type="checkbox"/> <input type="radio"/> Wink at someone	<input type="checkbox"/> <input type="radio"/> Walk with a book balanced on your head	<input type="checkbox"/> <input type="radio"/> Buy a piece of furniture that makes you happy
<input type="checkbox"/> <input type="radio"/> Keep fresh flowers in your office/home or wear them in your hair	<input type="checkbox"/> <input type="radio"/> Drink cucumber or fruit-infused water	<input type="checkbox"/> <input type="radio"/> Declutter your life or hire someone to haul junk that's taking up space
<input type="checkbox"/> <input type="radio"/> Use your favorite pens to write	<input type="checkbox"/> <input type="radio"/> Put something cold on your forehead	<input type="checkbox"/> <input type="radio"/> Treat yourself to a facial, massage, or other relaxing spa treatment
<input type="checkbox"/> <input type="radio"/> Share your self-care plans with someone and brainstorm new ideas	<input type="checkbox"/> <input type="radio"/> Go to an aquarium and watch the fish	<input type="checkbox"/> <input type="radio"/> Buy yourself a new outfit
	<input type="checkbox"/> <input type="radio"/> Relax in a sauna	
	<input type="checkbox"/> <input type="radio"/> Go an entire day without speaking	
	<input type="checkbox"/> <input type="radio"/> Buy and use colored lightbulbs in different rooms	