

50 Ways to Practice Self-Care

1. Take a nap.
2. Go for a walk (or a drive) without your phone.
3. Get a mani and/or pedi (either at a salon or DIY).
4. Say “no” to anything that doesn’t feel like a “hell, yes”.
5. Have the difficult conversation with someone who is bringing you down.
6. Put on some music and dance!
7. Go for a bike ride.
8. Book a massage.
9. Take a long, hot shower with oils and body scrub.
10. Put on a face mask (there are some great DIY options on Pinterest).
11. Hire a coach, therapist, counselor, or trainer.
12. Go to a restorative yoga class—not for a workout, but for some juicy stretching and relax time.
13. Make your pillow your anger receptacle. When you are frustrated or angry, beat it up with a pool noodle, scream into it, or punch it until you get all that anger out.
14. Meditate. Even if you don’t think you can sit still.
15. Make some “spa water” to keep in the fridge with cucumber or orange slices or essential oils.
16. Find a loving mantra and repeat it daily. One of my favorites is courtesy of Lori Harder: “My life is fun and easy, and there is time for everything.”
17. Hula hoop.
18. Give yourself permission to be lazy for a couple hours.
19. Sleep in.

20. Change your sheets and take a shower, shave your legs and moisturize before you get in bed—it feels amazing.
21. Exercise in a way that feels really good! Not every workout has to be hard... it should feel fun and exciting.
22. Go to the gym and take advantage of the non-exercise stuff like the sauna, the foam rollers, or hot tub.
23. Window shop or people-watch.
24. Curl up with a book (reading for pleasure—not work or study).
25. Crank your favorite tunes and sing at the top of your lungs in your car.
26. Dance it out everywhere—on the way to the bathroom, while you are folding laundry, during a commercial break.
27. Watch a hair or makeup Youtube tutorial and practice on yourself.
28. Get dressed up just because. (Or, if you have to dress up for work, let yourself wear sweats on the weekend.)
29. Do some stretches.
30. Make a vision board or a dream book.
31. Journal.
32. Create Pinterest boards full of your favorite quotes, travel destinations, or inspiring photos.
33. Write a gratitude list.
34. Listen to a fun or inspiring podcast.
35. Take a class that you have been interested in for a long time.
36. Watch a funny Youtube video or listen to your favorite comedian—laughing feels great!
37. Take some time for self-pleasure.
38. Pick (or buy) yourself some flowers.
39. Burn sage, palo santo or diffuse essential oils in your home.
40. Volunteer for a cause that is meaningful to you.

41. Play with a pet.
42. Walk around naked.
43. Join a group—whether it is on meetup or an interest-based group in your area, getting together with other people with whom you have something in common feels great.
44. Host a movie, spa, or board game night with friends.
45. Call a close friend or family member for a heart-to-heart
46. Make a list of all of the things that you love and appreciate about yourself.
47. Do something artistic—color, paint, draw, collage, etc.
48. Invest in a program or coach that will help you release any struggle and achieve what you desire.
49. Treat yourself to your favorite meal or dessert.
50. Go through old photos, scrapbooks, or year books and reminisce.