



101 Self Care Activity Ideas



Don't forget...The most important time for self care is when you feel you don't have time!

1. Buy fresh flowers	2. Breathe deeply
3. Go for a walk	4. Spend time alone
5. Paint your nails	6. Create boundaries on your working hours
7. Have a bath	8. Create a self care space at home
9. Go to an exercise class	10. Join a sports team
11. Cook your favourite meal	12. Start a project
13. Meditate	14. Do a jigsaw
15. Unplug from technology	16. Go to bed early
17. Do a puzzle	18. Eat nourishing food
19. Watch the clouds	20. Take a mini holiday
21. Stretch	22. Have a hug
23. Flick through old photos of happy times	24. Listen to music
25. Tidy Up	26. Smile
27. Do a DIY facial	28. Check in with your emotions
29. Get outside	30. Go for a swim
31. Have an hour with no plans	32. Ride a bike
33. Get creative	34. Dress up
35. Have a nap	36. Spend time in silence
37. Write in a gratitude journal	38. Have a massage
39. Play	40. Spend time with an animal
41. Light a candle	42. Do some colouring
43. Read a book	44. Blow bubbles
45. Make a special cup of tea	46. Play a game
47. Treat yourself to a magazine subscription	48. Learn a skill

49. Spend time on Pinterest	50. Take photos
51. Spend time with loved ones	52. Get a change of scenery
53. Do a visualisation	54. Stare at the sky
55. Do some yoga	56. Go for a hair appointment
57. Do some baking	58. Just sit still
59. Do some gardening	60. Order a takeaway
61. Work on a project	62. Watch the stars
63. Create some art	64. Have a picnic
65. Have a foodie treat	66. Go for a coffee
67. Enjoy a glass of wine	68. Go for a drive
69. Read inspiring books/quotes	70. Visit a museum
71. Give yourself a compliment	72. Watch the sunrise/sunset
73. Watch a film	74. Play an instrument
75. Do some people watching	76. Practice positive affirmations
77. Create a routine	78. Listen to a podcast
79. Watch funny videos	80. Go to the cinema
81. Plan something exciting	82. Send a postcard
83. Dye your hair	84. Read a book you loved as a child
85. Daydream	86. Watch your favourite TV programme
87. Wander the shops	88. Listen to an audio book
89. Go to the park	90. Plan a fun event
91. Put your PJs on early	92. Be a tourist in your own town
93. Dance	94. Choose a new hobby
95. Write a bucket list	96. Eat ice cream
97. Call a friend	98. Make a to do list
99. Buy a balloon	100. Do some Members Club activities

101. Create your own self care list of activities that work for you

