SELF-CARE EXERCISES

physical activity
- go for a swim
- exercise
- stretch
- do yoga
- skateboard
- squeeze a stress ball
- go to the gym
- dance
- skip rocks
- ride a bike
- juggle

self-care
- practice positive self talk
- breathing techniques
- write a list of goals:
  - immediate and future
- shower or bathe
- paint your nails
- make a meal you enjoy
- light a candle
- take a nap

smaller tasks
- go for a drive
- do your hair
- do and fold laundry
- drink tea/hot chocolate
- watch a funny youtube video
- get dressed up
- read for fun
- eat a snack

hobbies
- write poetry
- take photos
- color
- sing
- plant a plant
- make art
- volunteer
- watch a movie
- perform magic tricks

friends & family
- write a "no send" letter
- talk with friends
- hug someone
- tell someone a story
- have a sleepover

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