

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

sports & games

- play a board game
- do a jigsaw puzzle
- play a sport
- solve a sudoku puzzle
- play a video game

getting space

- go for a walk outside
- sit in nature
- go to a pet store
- listen to music
- wander in a park
- look at the stars/clouds

emotional release

- journal
- cry
- write a story
- do mindfulness exercises

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