

SELF-CARE IDEAS LIST

PHYSICAL SELF-CARE

- Eat nourishing food
- Hydration
- Sleep and rest
- Movement and stretching
- Taking a shower or bath
- Prioritise pleasure
- Regular medical check-ups
- Take time off

EMOTIONAL SELF-CARE

- Self-compassion and self-forgiveness
- Express your emotions e.g. crying
- Journal
- Challenge negative self-talk
- Watch a funny movie
- Cuddle your furry friend
- Affirmations
- Therapy

SOCIAL SELF-CARE

- Spend time with loved ones
- Meet new people
- Build a support system
- Talk through conflict
- End toxic relationships
- Communicate needs
- Ask for help
- Set boundaries

MENTAL SELF-CARE

- Hobbies
- Being creative
- Learn something new
- Single-task
- Declutter your space
- Self-reflection (e.g. journalling)
- Digital detox
- Unfollow or mute triggering accounts

SPIRITUAL SELF-CARE

- Meditation or mindfulness
- Yoga
- Praying
- Spend time in nature
- Keep a gratitude journal
- Volunteer for a cause
- Learn about spirituality
- Create a vision board

PRACTICAL SELF-CARE

- Save and budget
- Pay bills
- Meal prep
- Organise your email inbox
- Plan short- and long-term goals
- Create a to-do list for the week
- Clean and organise your spaces
- Leave work at work