SELF-CARE IDEAS

☐ = I've tried it
○ = I want to try it

QUICK TIPS

- ☐ ○ Scroll through photos of happy memories on social media
- ☐ ○ Step outside and spend a few moments in nature
- ☐ ○ Complete a (not-too-difficult) task that you've been putting off
- ☐ ○ Tell someone how you're *actually* feeling instead of saying "fine"
- ☐ ○ Do something playful
- ☐ ○ Stretch
- ☐ ○ Replace self-defeating thoughts with optimistic reframes
- ☐ ○ Wink at someone
- ☐ ○ Keep fresh flowers in your office/home or wear them in your hair
- ☐ ○ Use your favorite pens to write
- ☐ ○ Share your self-care plans with someone and brainstorm new ideas

SENSATIONS & SELF-SOOTHING

- ☐ ○ Use scented oils, lotions, candles, etc.
- ☐ ○ Put on fuzzy socks
- ☐ ○ Apply a heating pad to your neck
- ☐ ○ Heat your towels or bathrobe in the dryer
- ☐ ○ Use shower steamers (alternative to bath bombs!)
- ☐ ○ Chill your face lotions/products in the fridge before using
- ☐ ○ Repetitively tap chest or shoulders
- ☐ ○ Walk with a book balanced on your head
- ☐ ○ Drink cucumber or fruit-infused water
- ☐ ○ Put something cold on your forehead
- ☐ ○ Go to an aquarium and watch the fish
- ☐ ○ Relax in a sauna
- ☐ ○ Go an entire day without speaking
- ☐ ○ Buy and use colored lightbulbs in different rooms

INDULGE

- ☐ ○ Send yourself a bouquet at work
- ☐ ○ Plan (and take!) a vacation
- ☐ ○ Buy yourself that thing you've been wanting, but not something you would normally buy for yourself
- ☐ ○ Redecorate your workspace
- ☐ ○ Spend a night at a hotel, order room service, and relax!
- ☐ ○ Take the day off work or school and spend it in a park
- ☐ ○ Upgrade your cell to the latest model
- ☐ ○ Buy a piece of furniture that makes you happy
- ☐ ○ Declutter your life or hire someone to haul junk that's taking up space
- ☐ ○ Treat yourself to a facial, massage, or other relaxing spa treatment
- ☐ ○ Buy yourself a new outfit