

SELF CARE ACTIVITIES

Free Self Care Activities You Can Do Any Day, Everyday

INSIDE THE HOUSE

- CALL SOMEONE YOU ENJOY TALKING TO
- COLOR (WITH CRAYONS, COLORED PENCILS, ETC.)
- COOK YOUR FAVORITE MEAL OR A NEW MEAL
- CREATE A VISION BOARD (PUT TOGETHER IMAGES, WORDS & IDEAS THAT REPRESENT HOW YOU WANT YOUR LIFE TO BE IN THE FUTURE)
- CREATE AN IDEA BOARD (COMPILE TOGETHER IDEAS YOU HAVE ON A BOARD OR LARGE PAPER)
- CREATE ART (MUSIC, POETRY, STORIES, PAINTINGS, DRAWINGS, ETC)
- DANCE (TO YOUR FAVORITE MUSIC)
- DO YOUR HAIR FOR FUN
- FIND A FUN GAME YOU CAN PLAY
- FIND A FUN WORKOUT TO TRY
- FREEWRITE (WRITE DOWN THE FIRST THINGS THAT COME TO YOUR MIND)
- JOURNAL
- LIGHT A CANDLE OR INCENSE
- LISTEN TO A RELAXATION CD OR VIDEO
- LISTEN TO YOUR FAVORITE MUSIC
- LOOK THROUGH PICTURES AND/OR CREATE A SCRAPBOOK
- MAKE A LIST OF THINGS YOU LIKE ABOUT YOURSELF
- MAKE YOURSELF A CUP OF TEA OR HOT DRINK
- MEDITATE
- PAINT YOUR NAILS
- PICK UP AN OLD HOBBY
- PLAN A NEW LIFE
- PLAY "DRESSUP" (TRY ON CLOTHING, MAKE NEW OUTFITS)
- READ A GOOD BOOK

- READ INSPIRATIONAL/MOTIVATIONAL BLOGS
- RE-ARRANGE A ROOM IN YOUR HOME
- SAGE YOUR HOME
- SOAK YOUR FEET
- TAKE A HOT BUBBLE BATH
- TAKE A RELAXING NAP
- WATCH INSPIRATIONAL/MOTIVATIONAL VIDEOS
- WATCH YOUR FAVORITE MOVIE
- WRITE A LETTER TO SOMEONE YOU LOVE
- WRITE A LIST OF THINGS YOU WANT TO ACCOMPLISH IN YOUR LIFETIME
- WRITE A LIST OF THINGS YOU WANT TO DO
- WRITE A LIST OF EVERYTHING YOU ARE GRATEFUL FOR

OUTSIDE OF THE HOUSE

- DO YOGA OUTDOORS
- LOOK AT THE STARS
- PLANT OR GARDEN
- SEARCH FOR FREE ACTIVITIES IN YOUR CITY, AND PARTICIPATE IN THE ONE YOU LIKE THE BEST
- SET UP A "DATE" OR GET TOGETHER WITH A LOVED ONE
- SIT ON A PORCH OR BALCONY
- SPEND TIME AT A COFFEE SHOP
- SPEND TIME IN NATURE (BEACH, PARK, LAKE, HIKING, ETC)
- SPEND TIME WITH A FRIEND
- TAKE A WALK
- VISIT A LOCAL LIBRARY
- VISIT A FAMILY MEMBER OR FRIEND

LION HEART LIFE HEALING

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