**THE BIG LIST OF SELF-CARE ACTIVITIES**

Check the ones you are willing to do, and then add any activities that you can think of:

\_\_\_ Talk to a friend on the telephone \_\_\_ Cook your favorite dish or meal

\_\_\_ Go out and visit a friend \_\_\_ Cook a recipe that you’ve never tried before

\_\_\_ Invite a friend to come to your home \_\_\_ Take a cooking class

\_\_\_ Text message your friends \_\_\_ Go out for something to eat

\_\_\_ Organize a party \_\_\_ Go outside and play with your pet

\_\_\_ Exercise \_\_\_ Go borrow a friend’s dog and take it to the park

\_\_\_ Lift weights \_\_\_ Give your pet a bath

\_\_\_ Do yoga, tai chi, or Pilates, or take classes

to learn \_\_\_ Go outside and watch the birds and other animals

\_\_\_ Stretch your muscles \_\_\_ Find something funny to do, like reading the \_\_\_ Eat your favorite ice cream Sunday comics

\_\_\_ Go for a walk in a park or someplace \_\_\_ Visit fun Web sites and keep a list of them

else that’s peaceful \_\_\_ Watch a funny movie (start collecting funny \_\_\_ Go get a haircut movies to watch when you’re feeling \_\_\_ Sleep or take a nap overwhelmed)

\_\_\_ Go outside and watch the clouds \_\_\_ Go to the movies

\_\_\_ Go jog \_\_\_ Watch television

\_\_\_ Ride your bike \_\_\_ Listen to the radio

\_\_\_ Go for a swim \_\_\_ Go to a sporting event, like a baseball game

\_\_\_ Go hiking \_\_\_ Play a game with a friend

\_\_\_ Do something exciting like surfing, rock \_\_\_ Play solitaire

climbing, skiing, skydiving, motorcycle \_\_\_ Play video games

riding, or kayaking, or go learn how to do \_\_\_ Go online to chat

one of these things \_\_\_ Visit your favorite Web sites

\_\_\_ Go to your local playground and join \_\_\_ Go shopping

a game being played or watch a game \_\_\_ Do a puzzle with a lot of pieces

\_\_\_ Buy something on the internet \_\_\_ Sell something you don’t want on the internet

\_\_\_ Go play something you can do by yourself \_\_\_ Create your own Web site

if no one else is around, like basketball, \_\_\_ Join an internet dating site

bowling, handball, miniature golf, billiards, \_\_\_ But something on the internet

or hitting a tennis ball against the wall \_\_\_ Get a massage

\_\_\_ Get out of your house, even if you just \_\_\_ Go for a drive in your car or go for a ride on

just sit outside public transportation

\_\_\_ Plan a trip to somewhere you’ve never \_\_\_ Eat chocolate (it’s good for you!) or eat something

been before else you really like

\_\_\_ Go to a spa \_\_\_ Sign up for a class that excites you at a local \_\_\_ Go to a library college, adult school or online

\_\_\_ Go to a bookstore and read \_\_\_ Read your favorite book, magazine or newspaper

\_\_\_ Go to your favorite café for coffee or tea \_\_\_ Read a trashy celebrity magazine

\_\_\_ Visit a museum or local art gallery \_\_\_ Write a letter to a friend or family member

\_\_\_ Go to the mall or the park and watch other \_\_\_ Write things you like about yourself on paper

people; try to imagine what they’re thinking

\_\_\_ Pray or meditate \_\_\_ Write a poem, story, movie or play

\_\_\_ Go to your church, synagogue, temple, \_\_\_ Write in your journal

or other place of worship \_\_\_ Write a loving letter to yourself when you’re

\_\_\_ Join a group feeling good and keep it with you to read when \_\_\_ Write a letter to your higher power you’re feeling upset

\_\_\_ Call a family member you haven’t \_\_\_ Make a list of ten things you’re good at or like

Spoken to in a long time about yourself and keep it with you to read when

\_\_\_ Learn a new language you’re feeling upset

\_\_\_ Sing or learn how to sing \_\_\_ Draw a picture

\_\_\_ Play a musical instrument or learn \_\_\_ Paint a picture with a brush or your fingers

how to play one \_\_\_ Make a list of the people you admire and describe

\_\_\_ Write a song what it is you like about them

\_\_\_ Listen to some upbeat, happy music \_\_\_ Write a story about the craziest or funniest thing

(start making a collection to play when that has ever happened to you

You’re feeling upset) \_\_\_ Make a list of ten things you would like to do

\_\_\_ Turn on some loud music and dance before you die

\_\_\_ Memorize lines from your favorite movie, \_\_\_ Write a letter to someone who has made your life

play or song better and tell them why ( you don’t have to send

\_\_\_ Make a movie or video the letter if you don’t want to)

\_\_\_ Take photographs \_\_\_ Create your own list of self-care activities

\_\_\_ Join a public-speaking group and \_\_\_ Other ideas: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

write a speech \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ Participate in a local theatre group \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ Sing in a local choir \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ Plant a garden \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ Work outside \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_ Knit, crochet, or sew—learn how to

\_\_\_ Make a scrapbook with pictures

\_\_\_ Paint your nails

\_\_\_ Trim your nails

\_\_\_ Change your hair color

\_\_\_ Take a bubble bath or shower

\_\_\_ Work on your car, truck, motorcycle or bicycle

\_\_\_ Start a gratitude journal

\_\_\_ Go dancing