

THE ULTIMATE LIST OF 100 SELF CARE IDEAS

MENTAL

- Be grateful
- Create a bucket list
- Create a budget
- Compliment yourself
- Define your values
- Donate items
- Donate money to a cause
- Let it go
- Make a list of accomplishments
- Make a list of lifetime goals
- Meditate
- Pray
- Reassess your priorities
- Rest
- Schedule time for yourself
- Sleep 8 hours at night
- Smile
- Take a nap
- Take deep breaths
- Volunteer

RELATIONS

- Cook a meal for somebody else
- Cuddle with a loved one
- Help someone else
- Meet new people
- Read a book to your child
- Set boundaries
- Take care of a pet
- Talk to a friend
- Write a letter
- Write thank you notes

EXPERIENCE

- Burn a candle
- Create a ritual
- Discover a new place
- Do a puzzle
- Do karaoke
- Get a facial
- Get a manicure
- Get a massage
- Get a new hairstyle
- Get a pedicure
- Go for a road trip
- Go in a sauna
- Go outside
- Go see a play
- Go to the beach
- Go to the mountain
- Go watch a movie alone
- Have a laugh
- Lie on the ground
- Listen to a podcast
- Listen to an audio book
- Listen to music
- Listen to your favorite music growing up
- Moisturize your skin
- Open windows
- Read a book
- Read inspirational quotes
- Self massage
- Take a bath
- Take a vacation
- Turn off digital devices
- Use essential oils
- Visit a library
- Visit a museum
- Visit an art gallery
- Watch a comedy
- Watch a sunset
- Watch funny Youtube videos
- Watch the stars

CREATIVITY

- Get a new hobby
- Grow a garden
- Learn a new language
- Paint
- Plan a vacation
- Redecorate your home
- Write a journal
- Write a wish list

GET ACTIVE

- Clean your home
- Dance
- Do yoga
- Exercise
- Go for a walk
- Stretch your body
- Swim
- Take a bike ride

EAT & DRINK

- Cook a special meal
- Drink a cup of tea
- Drink a fancy smoothie
- Drink water
- Eat a nutritious meal
- Eat slowly
- Eat some chocolate
- Eat your favorite meal
- Enjoy a restaurant alone

GET SUPPORT

- Delegate
- Hire a babysitter
- Hire a life coach
- Hire a housekeeper
- Talk to a counselor

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