



Fifty Ways to Care for YOU!

1. Take deep breaths.
2. Listen to a relaxing playlist.
3. Stay hydrated.
4. Journal.
5. Read – a verse, an inspiring quote or a book.
6. Watch something cute or funny.
7. Write down 5 things you're thankful for.
8. Ask a friend for help.
9. Clean out a drawer.
10. Aromatherapy
11. Take 10 outside.
12. Be still.
13. Do something creative. Paint, color, carve.
14. Go on a date night.
15. Text or call a friend.
16. Visit your therapist.
17. Unplug for the first hour of each day.
18. Work on a puzzle.
19. Finish something.
20. Do a brain dump.
21. Declutter one space.
22. Try a new face mask.
23. Squeeze a stress ball.
24. Puzzles- Crossword, Sudoku, Wordsearch, What's Missing
25. Enjoy your hobby.
26. Plan a dream-cation.
27. Dance!
28. Take a walk or run.
29. Stretch!
30. Physical chores- Garden, pound nails, walk the dog
31. Power nap (Less than 20 minutes)
32. Hand, foot, shoulder massage
33. Apple a day and other healthy eating habits
34. Buy yourself flowers.



35. Swap meals, kids, household chores
36. Be silly
37. Cuddles and kisses
38. Don't get desperate – USE RESPITE!
39. Meditate for 10 minutes.
40. Breath prayers.
41. Memorize a scripture verse.
42. Watch a sunrise or sunset.
43. Write 5 things you love about yourself.
44. Serve others
45. Participate in a worship service.
46. Cuddle a pet.
47. Watch your favorite show.
48. Have a good cry.
49. Go to the park and people watch.
50. Count the stars or cloud-gaze.