

SELF CARE PRACTICE IDEAS

*Start small and add new practices every week.
Self care should be fun!*

- Snuggle with your pet
- Spend time outdoors
- Get a massage
- Buy better quality food
- Start a morning routine
- Start an evening routine
- Pamper your feet/hands
- Have a dedicated weekly spa day
- Get your hair done
- Get your nails done
- Take a bubble bath
- Get a facial
- Do a facial steam
- Hang out with a friend
- Practice gratitude
- Do yoga
- Stretch before bed
- Do affirmations
- Get up early for some quiet time
- Plan your week ahead
- Disconnect - do a digital detox
- Color in a coloring book
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- Drink a glass of water first thing
- Set your intentions for the day
- Do your favorite craft
- Make yourself a nice meal
- Go to bed early
- Listen to your favorite music
- Meal plan for the week
- Get your groceries delivered
- Hire a housecleaner
- Take a nap
- Laugh
- Exercise to stay healthy
- Have a skin care routine
- Read a book you enjoy
- Journal your thoughts
- Snuggle with your partner
- Play your favorite sport
- ADD YOUR OWN!
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