

100 Plus Ideas for Self-Care

Self-care is any activity done deliberately that helps to embrace your health and well-being. They may be activities that help you manage or improve your physical, spiritual, and emotional states. Self-care needs can be highly individual, shift over time, and typically need to be scheduled. It is not a selfish act to care for yourself. Only through self-care will you have the foundation to care for others. **You are worth it.**

Move

- Exercise
- Go for a walk
- Dance
- Swim
- Stretch
- Take a Yoga class
- Experience Tai-Chi
- Explore Feldenkrais
- Grow a garden

Experience

- Allow yourself to grieve
- Be in nature
- Take a bath
- Go in a sauna
- Use a float tank
- Laugh
- Try something new
- Go somewhere you haven't been
- Take a vacation
- Hug a tree
- Lie on the ground

Consume

- Drink water
- Eat something nutritious
- Drink herbal teas
- Savor high quality chocolate
- Eat something slowly and with awareness

Create

- Make a collage
- Paint intuitively
- Write in a journal
- Take a class for fun
- Write out a list of wants
- Play with clay
- Make something
- Cook a special meal
- Write yourself a love letter to open on a day when you feel down

Be

- Meditate
- Breathe
- Rest without doing
- Take a nap
- Take a technology break
- Go outside

Sense

- Listen to music
- Enjoy to an uplifting book on tape
- Indulge in nature sounds
- Use essential oils
- Feel different fabrics or textures you enjoy
- Plan and enjoy viewing a sunset or sunrise
- Do a body scan
- Use a hot water bottle, heating pad, or ice on your body

Embrace

- Minimize stuff
- Clean your house
- Smudge
- Open windows
- Dress up
- Dress comfortable
- Get a pedicure or manicure
- Get a new hairstyle
- Give yourself a facial
- Redecorate with something you love
- View art
- Create a ritual for things you want to bring into your life
- Burn a candle

Explore

- Take a vacation
- Go somewhere new
- Self-massage
- Get a new hobby
- Get grateful and write it down
- Practice letting go
- Go out to dinner or a movie alone
- Read a book
- View the stars
- Plan a dream vacation

Structure

- Set boundaries
- Create a budget
- Make your bed daily
- Have a set bedtime
- Create morning and evening routines
- Schedule 'me time'
- Limit daily to-do to three items

Receive

- Get massage
- Schedule a facial
- Visit a chiropractor
- Talk with a friend
- Go for counseling
- Pray
- See your primary physician
- Try a naturopath
- Practice asking for what you need
- Hire help for the yard
- Get a housekeeper
- Find a babysitter for kids so you can have a break
- Delegate a task that you have been putting off

Identify

- Know your 'big why'
- Learn to recognize when you are feeling derailed or down
- Know who your best allies are; those who uplift, don't fix, and allow you to be who you are
- Have a favorite, calm, safe, space
- Make a list of your accomplishments and good qualities

Give

- Write thank you notes
- Volunteer
- Read to a child
- Pet an animal
- Cuddle a loved one
- Cook for someone else
- Donate to a cause you care about
- Look others in the eye and smile


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