

25 IDEAS FOR SELF-CARE

1. Sit quietly with your favourite non-alcoholic drink and savour the moment.
2. Take time to sit and read a favourite book, mulling over the story line and characters within.
3. Go for a refreshing leisurely walk, even better take a picnic and enjoy eating out surrounded by nature.
4. Dance and listen to your favourite playlist. Don't worry about what you look like, just enjoy moving to the music.
5. Take time to draw, paint or sew. Get creative and see what you can do with your hands.
6. Go outside and photograph life and nature, see things through fresh eyes. You could even start a project, photographing the same area or scene monthly or seasonally to mark the changes of the year.
7. Apply a face mask and spend some time relaxing. Close your eyes and listen to the sounds around.
8. Make your favourite meal and relish all the different flavours as you eat.
9. Treat yourself to a beautiful bunch of flowers, enjoy not just the scent of them but the visual display too.
10. Make time to phone a friend and have a good catch up.
11. Write in a gratitude journal, and remind yourself of all the good in your life.
12. Take a luxurious bath, and while the time away without being disturbed.
13. Stretch your body or complete a simple yoga practice.
14. Give yourself a mini manicure or pedicure.
15. Look through your closet and only keep clothes that you love.
16. Listen to a podcast that you enjoy.
17. Plan some activities that you would like to do and schedule them on your calendar.
18. Treat yourself to a daily skin routine, notice the difference after just a few days.
19. Take a social media break for a few days.
20. Diffuse your favourite essential oils.
21. Go to bed early and cosy up under the duvet.
22. Order in your favourite take-away meal.
23. Sing-along to your favourite songs. Don't worry about whose listening, just enjoy yourself.
24. Lie on the grass and watch the clouds sail by. What shapes can you find?
25. Go for a walk around a museum or park that you love.