## THE BIG LIST OF SELF-CARE ACTIVITIES

Check the ones you are willing to do, and then add any activities that you can think of:

Talk to a friend on the telephone	Cook your favorite dish or meal
Go out and visit a friend	Cook a recipe that you've never tried before
Invite a friend to come to your home	Take a cooking class
Text message your friends	Go out for something to eat
Organize a party	Go outside and play with your pet
Exercise	Go borrow a friend's dog and take it to the park
Lift weights	Give your pet a bath
Do yoga, tai chi, or Pilates, or take classes	One you pot a batti
to learn	Go outside and watch the birds and other animals
Stretch your muscles	Find something funny to do, like reading the
Stretch your muscles Eat your favorite ice cream	Sunday comics
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Go for a walk in a park or someplace	Visit fun Web sites and keep a list of them
else that's peaceful	Watch a funny movie (start collecting funny
Go get a haircut	movies to watch when you're feeling
Sleep or take a nap	overwhelmed)
Go outside and watch the clouds	Go to the movies
Go jog	Watch television
Ride your bike	Listen to the radio
Go for a swim	Go to a sporting event, like a baseball game
Go hiking	Play a game with a friend
Do something exciting like surfing, rock	Play solitaire
climbing, skiing, skydiving, motorcycle	Play video games
riding, or kayaking, or go learn how to do	Go online to chat
one of these things	Visit your favorite Web sites
Go to your local playground and join	Go shopping
a game being played or watch a game	Do a puzzle with a lot of pieces
Buy something on the internet	Sell something you don't want on the internet
Go play something you can do by yourself	Create your own Web site
if no one else is around, like basketball,	Join an internet dating site
bowling, handball, miniature golf, billiards,	But something on the internet
or hitting a tennis ball against the wall	Get a massage
Get out of your house, even if you just	Go for a drive in your car or go for a ride on
just sit outside	public transportation
Plan a trip to somewhere you've never	Eat chocolate (it's good for you!) or eat something
been before	else you really like
Go to a spa	Sign up for a class that excites you at a local
Go to a library	college, adult school or online
Go to a bookstore and read	Read your favorite book, magazine or newspaper
Go to your favorite café for coffee or tea	Read a trashy celebrity magazine
Visit a museum or local art gallery	Write a letter to a friend or family member
Go to the mall or the park and watch other	Write things you like about yourself on paper
people; try to imagine what they're thinking	
Pray or meditate	Write a poem, story, movie or play
Go to your church, synagogue, temple,	Write in your journal
or other place of worship	Write a loving letter to yourself when you're
Join a group	feeling good and keep it with you to read when
Write a letter to your higher power	you're feeling upset
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Call a family member you haven't	Make a list of ten things you're good at or like
Spoken to in a long time	about yourself and keep it with you to read when
Learn a new language	you're feeling upset
Sing or learn how to sing	Draw a picture
Play a musical instrument or learn	Paint a picture with a brush or your fingers
how to play one	Make a list of the people you admire and describe
Write a song	what it is you like about them
Listen to some upbeat, happy music	Write a story about the craziest or funniest thing
(start making a collection to play when	that has ever happened to you
You're feeling upset)	Make a list of ten things you would like to do
Turn on some loud music and dance	before you die
Memorize lines from your favorite movie,	Write a letter to someone who has made your life
play or song	better and tell them why ( you don't have to send
Make a movie or video	the letter if you don't want to)
Take photographs	Create your own list of self-care activities
Join a public-speaking group and	Other ideas:
write a speech	
Participate in a local theatre group	
Sing in a local choir	
Plant a garden	
Work outside	
Knit, crochet, or sew—learn how to	
Make a scrapbook with pictures	
Paint your nails	
Trim your nails	
Change your hair color	
Take a bubble bath or shower	
Work on your car, truck, motorcycle or bicyc	cle