



Self-Care Activities

- ♥ Breathe in some mountain air
- ♥ Practice empathy for yourself: [click here](#)
- ♥ Go for a dog walk
- ♥ Give yourself a manicure
- ♥ Curl up with a good book
- ♥ Take yourself out for your favourite warm beverage
- ♥ Order in dinner
- ♥ Complete Gary Chapman's 5 love languages quiz: [click here](#)
- ♥ Spend time journaling
- ♥ Enjoy a cup of tea
- ♥ Move your body today. Find an exercise you enjoy
- ♥ Book off the afternoon to do something you love
- ♥ Spend time with your pet
- ♥ Watch your favourite movie
- ♥ Get creative: write, paint, craft, sew, or whatever gets your creativity flowing
- ♥ Try a new recipe
- ♥ Write down your dreams
- ♥ Spend quality time with a friend
- ♥ Practice gratitude
- ♥ Make a list of the people & things you are grateful for
- ♥ Meditate
- ♥ Watch the movie "Inside Out"
- ♥ The quote you live by is...
- ♥ 10 things that make you smile
- ♥ 5 words to describe yourself



- ♥ Practice yoga
- ♥ Spend less time online today.
- ♥ Go to bed early and/or sleep in
- ♥ Be in nature
- ♥ Wear something that brings you joy
- ♥ Write down your ideal day, starting from waking time to bed time
- ♥ Check out your favorite shop
- ♥ Treat yourself to a massage
- ♥ Consider when you feel most relaxed and then make time to recreate that
- ♥ Buy yourself some fresh flowers or a plant
- ♥ Write yourself a love letter
- ♥ Ask someone to help you with a task you don't love
- ♥ Crank up your favourite album
- ♥ Celebrate the fact that you are doing your best
- ♥ Honour yourself and say 'no'. Let go of guilt.
- ♥ Embrace personal growth
- ♥ Feel your feelings: The good, the hard, and everything in between
- ♥ Let go of past hurts. This will set you free
- ♥ Celebrate the little things today
- ♥ Make time to consider your personal mission statement
- ♥ Try not complaining once today
- ♥ Honour what your body is telling you today
- ♥ Treat yourself to your favourite hot beverage

With lovingkindness,

♥ *melissa jay*