

Self-Care Ideas Guide

Walk in the woods
Collect rocks (or shells)
Bike ride for no reason
Read a book anywhere
Take an epsom salt bath with the door locked (and include candles, music, a book)
Go braless
Put on lipstick and take off your yoga pants
OR Go without make-up and put on yoga pants
Read a trashy magazine at the hair salon — and get a blow-out for no reason
Get off social media for awhile (day, week, month, year)
Be grateful — practice gratitude daily
Have sex without yourself OR with someone else
Restorative yoga: Legs up the wall, Child's pose, Corpse pose
Eat mindfully — allow your senses to explode
Nap
Have someone touch your feet — a pedicure, a massage, paint your toes
Breathe deep, meaningful breathes — think about nothing else while you do it
Squish toes into sand somewhere
Watch a sunset
Swing for minutes, hammock for hours
Canoe ride on a still lake
Smoke a joint (or the equivalent for you)
Listen to a favourite podcast — or discover one
Turn off your phone
Get a massage
Try something random and new — often
Peruse a farmer's market or bookstore for hours, alone
Attend a tea tasting
Sip something wonderful, slowly, and savour
Create and/or discover the perfect playlist
Put bubbles and fruit in your water
Laugh — a lot (watch cat videos?)
Fill a room with candles and light every single one
Meditate
Sing or dance like no one is watching
Indulge in your amazing life! Isn't this fucking great?