



50 Self-Care Tips



- Stretch for 5 minutes in the morning
- Start your day with a thank you
- Meditate - 2 - 20 minutes
- Rub essential oils between your palms or on your wrists while breathing deep
- Dance in the morning while making breakfast
- Turn off the news
- Dump your to-do's on a list
- Plan and pack some favorite healthy snacks for your work day
- Drink lots and lots of water - 2-3 liters
- Eat lots of fruit, but only between meals
- Get a blow out
- Get a manicure
- Massage your feet
- Get a hand massage
- Get a scalp massage - mmmm
- Reflect on the things that have gone right today
- Exercise! Anything, just move!
- Do Yoga, or try yoga, again
- Take a walk after dinner
- Walk the long way to work
- Look up at that big grand sky
- Put your bare feet in the grass
- Write down 3 things that you are grateful for
- Do something kind for your future self
- Buy some flowers
- Clear out some clutter
- Walk away from the negative chat at work
- Breathe 2-5 deep breaths in between tasks
- Call your mom, your sister, your dear friend - whoever makes you feel warm
- Grow some herbs
- Plant some flowers
- Plan a recurring girls night out
- Plan a date night with your spouse/partner
- Read some poetry, just for fun
- Get an adult coloring book
- Learn about your chakras
- Take probiotics
- Eat your lunch away from your computer
- Chew your food - really really well
- Set your timer to take a stretch break
- Ask for help from someone
- List your priorities
- Plan your food for the week
- Cancel something on your calendar this week
- Take a bath
- Have some tickle time
- Eat some dark chocolate instead of the kids snacks
- Go to bed earlier
- Drink water first thing in the morning before you drink coffee
- Smile all day