



50 Small,  
Tangible  
Ways to  
Practice  
Self-Care

1. Take a bath. Optional things to add: Epsom salt, large salt crystals, baking soda, a few drops of lavender essential oil, candles, music, a good book.
2. Buy yourself flowers.
3. Take a nap.
4. Make some tea.
5. Laugh. Read, watch, or listen to something funny. Or just start laughing until it becomes genuine laughter.
6. Paint or draw for a few minutes. It doesn't need to be "good", just play.
7. Play with children.
8. Play with animals.
9. Do a 5-minute body scan.
10. Create a little, quiet corner for yourself in your home. A place to sit or lie down and simply be.
11. Write a thank you note to someone.
12. Light a candle.
13. Go for a walk.
14. Dance to your favorite song.

15. Go out in nature and simply sit and listen.
16. Stop and watch an insect for a few minutes.
17. Take something off your plate.
18. Call a friend.
19. Write out a list of ways you've positively impacted people in your life, in big and small ways. Set a timer for 5 min, or 15 min, and don't stop until it goes off.
20. Sit under a tree.
21. Swing on a swing set.
22. Donate things you no longer need to a local shelter.
23. Walk through your local farmers market.
24. Give yourself time to do nothing.
25. Keep a file of kind words – emails or notes from friends, family, clients – that you can revisit for a reminder of who you are, the support you have, what you offer to the world.
26. Knit something.
27. Paint your nails in a way that pleases you.
28. Put pictures you love where you'll see them often.

29. Put sticky notes with kind reminders where you'll see them (e.g. mirror, desk, fridge, front door, windows).
30. Go to bed early.
31. Put a photograph of a natural landscape in the place where you spend most of your day.
32. Lie down with a hot water bottle.
33. Listen to audio of cats purring.
34. Listen to audio of children laughing.
35. Set an alarm to go off every hour or two to remind you to take a few breaths.
36. Do three 4-7-8 breaths. Breathe in through your nose to a count of 4. Hold for a count of 7. Breathe out through your mouth to a count of 8.
37. Color in a coloring book.
38. Drink water.
39. Write. Set a timer for a few minutes or longer and write whatever comes to mind, without censoring.
40. Read a few pages (or more) of a book.
41. Listen to a podcast that inspires you.

42. Unplug for an hour (or longer).
43. Stretch. Feel the change in your body.
44. Use aromatherapy. Diffuse essential oils in your space, or just open the bottle and waft it under your nose. Try lavender to soothe and calm, or peppermint to energize.
45. Massage your feet.
46. Massage your hands.
47. Open the windows.
48. Go barefoot. Feel the ground beneath your feet. Feel sand, grass, small pebbles between your toes.
49. Work on a puzzle. You don't have to complete it all in one go.
50. Write down three things you're grateful for. Bonus points: write down why each thing happened and what you did to help make this happen.