

58 self-care tips

1. Get a pedicure/manicure
2. Write in your journal
3. Draw/Doodle
4. Have a Family Day out
5. Make a healthy diet change
6. Read a good book
7. Plan a dinner date
8. Listen to your favorite music
9. Write a "not to do" list
10. Connect with a friend
11. Go for a walk without your phone
12. Take photographs
13. Have a social media detox
14. Visit your grandparents
15. Create a Vision Board
16. Take a long warm bath/shower
17. Create a good Morning Routine
18. Create a Gratitude List
19. Enjoy a piece of chocolate
20. Pray
21. Watch a movie you love
22. Volunteer your time
23. Retail therapy
24. Simplify your schedule
25. Light scented candles
26. Find 3 beautiful things today
27. Declutter your bedroom
28. Go for a walk in nature
29. Unfollow negative people on social media
30. Tell someone you love them
31. Take a break from work
32. Give someone a compliment
33. Listen to a podcast
34. Give hugs
35. Take a 30-minute nap
36. Have a picnic
37. Take your vitamins
38. Spend quality time with parents
39. Drink tea
40. Go for a run
41. Buy some flowers for yourself
42. Visit a lovely cafe
43. Have a girly night in
44. Bake yummy cookies
45. Do a fun craft
46. Try a new recipe
47. Play your favourite board game
48. Watch the sunset or sunrise
49. Make a financial plan
50. Donate clothes away
51. Plan a mini-staycation
52. Read a fun magazine
53. Play with a pet
54. Watch the clouds
55. Unplug from technology for 2 hrs
56. Deep condition your hair
57. Apply a face mask
58. Have your favorite dessert