

# Possible Ways to Nurture and Care for Myself

Music



Listen to it  
Play or sing it  
Write it

Take a bath

Get physical

Go for a walk/run/ride a bike/  
swim

Take an exercise class

Play a sport

Do yoga/tai chi/chi gong

Stretch

Dance

Give and receive hugs

Spend time in  
nature



Meditate

Breathe deeply

Receive body &/or energy work

Watch the sunrise/sunset

Laugh

Make a gratitude list



Read good books

Spend time in the garden

Learn something new

See a play/movie/concert/ballet

Make a nutritious & delicious  
meal



Draw or paint

Lay in the sunshine

Visit a special place I enjoy



Smile

Visualize good  
things

Spend time with animals

Enjoy a delicious beverage

Forgive (self and others)

Reflect on enjoyable memories

Take a nap

Visit a museum or art  
gallery



Relax in a whirlpool or  
sauna

Drink plenty of water

Play like I did when I was a child

Spend time on the water

Sailing

Paddling

Floating

Reward myself with a special gift  
I can easily afford.

Practice positive affirmations



Make or buy a  
bouquet

Watch the clouds

Talk with a friend

Take a vacation

Create with clay/pottery

Go on a picnic

Enjoy a meal at a favorite  
restaurant

Explore

Treat myself to a new body  
cream/lotion

Seek out positive, affirming  
people and spend time with  
them

Save notes and letters  
that are complimentary

Spend some time alone  
each day

Light candles

Put together a puzzle



Play games with others

Display photos I enjoy

Write in a journal



Create an altar

Acknowledge my  
strengths

Be present in the moment

Share my joys with someone else

Nurture a loving atmosphere in  
my home

Do a crossword puzzle

Go to the library

Spend time with children (or  
spend time with adults if I am  
with children all day)



Use essential oils for  
aromatherapy

**If it feels good — do it!**

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