

# Self-Care Ideas

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## **Take time to laugh**

Hang out with a funny friend, watch a comedy, or check out cute videos online. Laughter helps reduce anxiety.

## **Track gratitude and achievement with a journal**

Include 3 things you were grateful for and 3 things you were able to accomplish each day. Try the free apps – [Happier](#) or [Mojo](#), others.

## **Take 30 minutes to go for a walk in nature**

It could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

## **Work your strengths**

Do something you're good at to build self-confidence, then tackle a tougher task.

## **Keep it cool for a good night's sleep**

The optimal temperature for sleep is between 60° and 67° Fahrenheit.

## **“You don’t have to see the whole staircase, just take the first step.” - MLK**

Think of something in your life you want to improve and figure out what you can do to take a step in the right direction

## **Have a cup of tea**

Try a cup of herbal or green tea, experiment until you find one you like best. The warmth is soothing and comforting.

## **Experiment**

Test out new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.

## **Show some love to someone in your life**

Spend some time with family, friends, people who care about you. Spend time doing something fun with someone face-to-face.

## **Treat yourself to a couple pieces of dark chocolate every few days**

The flavonoids, caffeine, and theobromine in dark chocolate are thought to work together to improve alertness and mental skills.

**Feeling anxious? Try coloring**

Coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.

**Relax in a warm bath once a week.**

Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.

**Has something been bothering you? Let it all out...on paper**

Writing about upsetting experiences can reduce symptoms of depression.

**Spend some time with a furry friend**

Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.

**Practice mindfulness**

By staying "in the present", focus on what's going on right now rather than what might happen tomorrow.

**Set up a getaway**

It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!

**Enjoy 15 minutes of sunshine**

Sunlight synthesizes Vitamin D, which experts believe is a mood elevator. Remember to apply sunscreen.

**Spirituality**

Spiritual self-care is any ritual or practice we do to further our connection with our higher self. For some, it could be to attend a religious service or ceremony. For another, it could be to spend time outdoors or setting time aside to meditate.