

Self-Care Ideas



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

Write down three things you were grateful for and three things you were able to accomplish each day. Look online for free apps like [Happier](#) or other gratitude journaling apps.

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.” - Martin Luther King Jr.

Think of something in your life that 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 a 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 members, friends and other people who care about you. Do something fun with someone else, face-to-face.

Treat yourself to a little 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

Color for about 20 minutes to help you clear your mind. Pick a design that is 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

Spending 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

Stay "in the present" by focusing 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 weeks or even months.

Enjoy 15 minutes of sunshine

Sunlight helps your body synthesize vitamin D, which experts believe is a mood elevator. Remember to apply sunscreen. Studies suggest that you'll still get some vitamin D with sunscreen.

Spirituality

Spiritual self-care is any ritual or practice we do that furthers our connection with our higher self. For some, it could be attending a religious service or ceremony. For others, it could be spending time outdoors or meditating.