

# *30 Self Care Ideas*

- 1. Take a long hot bath*
- 2. Eat a healthy meal*
- 3. Compliment yourself*
- 4. Read inspirational quotes*
- 5. Go for a walk*
- 6. Listen to upbeat music*
- 7. Meditate*
- 8. Make a playlist of your favorite songs*
- 9. Journal*
- 10. Give yourself a break*

# *30 Self Care Ideas*

- 11. Drink more water*
- 12. Say no*
- 13. Get enough sleep*
- 14. Declutter*
- 15. Volunteer*
- 16. Take yourself out on a date*
- 17. Hug a close friend*
- 18. Donate things you don't need*
- 19. Read a book*
- 20. Have dessert*

# 30 Self Care Ideas

21. *Try something new*
22. *Hang out with a friend*
23. *Ask for help*
24. *Watch funny videos online*
25. *Take a technology break*
26. *Tell someone you appreciate them*
27. *Make your bed*
28. *Stretch*
29. *Re-organize a room*
30. *Create a routine*