

Self-Care Ideas

Self-care is the practice of taking an active role in protecting one's own wellbeing and happiness, particularly during periods of stress. It is all about taking care of yourself and doing things that improve your mood and reduce anxiety. Below are some examples of different self-care ideas for you to try at home:

Physical Self-Care

- Gentle exercise
- Take a long bath
- Get dressed
- Sleep/rest
- Eat something healthy
- Give yourself a hand massage
- Drink plenty of water

Mental Self-Care

- Read a book
- Listen to a podcast
- Start a journal
- Use adult colouring books
- Take a guilt-free nap
- Practice saying NO
- Do a Sudoku or crossword

Emotional Self-Care

- Do something that makes you happy
- Try mindfulness exercises
- Practice breathing techniques
- Do an act of kindness
- Play a game
- Write in your journal
- Declutter one drawer in your house

Sensory Self-Care

- Eat your favourite food
- Burn a nice candle
- Listen to music
- Watch a movie
- Give yourself a facial
- Cook a new meal
- Try body brushing

