

31 Days of Self Care Ideas

1 Write a gratitude list

2 Eat healthily

3 Draw or colour something

4 Ask for help

5 Do some form of exercise

6 Do something nice for someone

7 Write & prioritise a to do list

8 Play a game

9 Write some positive affirmations

10 Declutter 10 items

11 Meditate or pray

12 Go for a nature walk

13 Thank someone

14 Write down how you are feeling

15 Have a go at breathing techniques

16 Ask someone to join you for a walk (then walk)

17 Accept your feelings/ forgive someone

18 Treat yourself to a take out coffee/ tea/ meal

19 Try Yoga or stretching exercises

20 Call or message a friend

21 Schedule some time for "me"

22 Share a happy memory/ thought/ photo with someone

23 Smile at everyone you see

24 Look at inspirational quotes

25 Switch your phone off for a day

26 Support a charity or volunteer

27 Spend 10 min outdoors listening to nature

28 Have a duvet day

29 Do something you love - read, bake, music

30 Explore your area & look at the architecture

31 Try something new