



Self-care ideas

1. Put on a facemask
2. Take a bath
3. Go for a walk
4. Cuddle with your pet
5. Exercise
6. Make your favorite food
7. Sit in the sun
8. Talk to a friend
9. Take a social media break
10. Buy something nice
11. Learn a new skill
12. Watch funny videos
13. Read a book
14. Binge-watch a series
15. Sing
16. Dress up
17. Write
18. Meditate
19. Watch a movie
20. Daydream
21. Dance
22. Read motivating quotes
23. Get a massage
24. Wear pajamas all day
25. Make a wish list
26. Read a magazine
27. Refresh your bed
28. Listen to an audiobook
29. Listen to music
30. Write down positive things
31. Do something childish
32. Read affirmations
33. Hold a pillow fight
34. Take a long shower