

## Self-Nurturing Activities



- Walk in the rain.
- Exercise.
- Keep a journal.
- Play the piano or other instrument.
- Sign up for a yoga class.
- Have breakfast in bed.
- Sit in a sauna.
- Get a massage.
- Buy yourself a rose.
- Take a bubble bath.
- Go to a pet store and play with the animals.
- Have a manicure or pedicure.... or both.
- Stop and smell some flowers.
- Watch the sunrise or the sunset.
- Relax with a good book and/or soothing music.
- Rent a funny movie.
- Play your favorite music and dance to it by yourself.
- Go to bed early.
- Sit outside by a campfire on a cold evening.
- Take a mental health “day off” from work.
- Fix a special dinner just for yourself and eat by candlelight.
- Go for a walk.
- Call a good friend or several...
- Go out to a fine restaurant by yourself.
- Go to the beach.
- Take a scenic drive.
- Meditate.
- Buy new clothes you can afford.
- Browse in a book or record store as long as you want.
- Buy yourself a stuffed animal and just hold it.
- Go see a good film or show.
- Work on your favorite puzzle.
- Work a crossword puzzle.
- Write a letter to an old friend.
- Bake or cook something special.
- Go window-shopping.
- Listen to a positive, motivational tape.
- Write a special diary about your accomplishments.
- Apply fragrant lotion.
- Listen to a symphony.
- Plant a garden.
- Find something good in everyone you meet.
- Make a list of things that make you feel good.
- Hug a child.
- Express appreciation.
- Have a good cry.
- Take 10 deep breaths.
- Take a pottery class.
- Donate blood.
- Look at clouds.
- Listen to the rain.
- Make herbal tea.
- Dry flowers.
- Sit by a fire and read.
- Take a nap.
- Fly a kite.
- Go to the zoo.
- Daydream.
- Doodle.
- Read a magazine.
- Bake bread.
- Tell someone you love him or her.
- Go to a concert.
- Go into a hot tub or Jacuzzi.
- Go to a museum.
- Waste time without feeling guilty.
- Say “no.”
- Look out a window.
- Wear new socks and underwear.
- Have a picnic.
- Swing.
- Turn OFF the TV
- Buy yourself something special that you can afford.