90 Ideas for Self-Nurturing Activities

Listen to favorite music
Enjoy a long, warm bubble bath or shower
Go for a walk
Relax outside
Physical activity (of my choice)
Attend a caring support group
Do stretching exercises
Write my thoughts and feelings in a personal journal
Create a collage representing the “real me”
Get a hair-cut
Do something adventurous
Do a crossword puzzle
Read a special book or magazine
Go dancing
At-home spa (robe, cucumbers on eyes, lotions, etc.)
Garden and work with plants
Learn a new skill
Walk along the boardwalk
Ride a bicycle
Make myself a nutritious meal
Make list of goals, strategies, and rewards
Swim and relax at the beach or pool
Visit a special place I enjoy
Go horseback riding
Read a cartoon or joke book
Write a letter to an old friend
Play at an amusement park
Count my blessings “I am thankful for…”
Enjoy the beauty of nature
Look through old photo albums
Participate in a favorite card game
Go sailing, paddleboating, or kayaking
Reward myself with a gift I can afford
Create with clay or pottery
Practice the art of forgiveness
Practice positive affirmations
Watch my favorite TV show
Reflect on my successes “I can…”
Write an email
Make a bouquet of flowers
Visit a park, woods, forest
Create a scrapbook
Try out a new healthy recipe
Go on a picnic in a beautiful setting
Make/write out a card to a loved one or yourself

Enjoy a relaxing nap
Visit a museum or art gallery
Practice yoga
Relax in a whirlpool or sauna
Say or read a spiritual prayer
Practice deep breathing
Reflect on positive qualities “I am…”
Concentrate on a relaxing scene
Receive a massage
Attend a favorite athletic event
Plan a nutritious dinner party or get-together
Put out wild bird seed and watch the birds
Practice relaxation exercises
Play a musical instrument
Meditate
Enjoy a hobby or find a new one
See a special play, movie, or concert
Work out with weights or small hand weights
Get to know neighbor/invite over for coffee/tea
Draw or paint a picture
Sunbathe (with sunscreen)
Do aerobics to fun music
Volunteer at a shelter
Sit in front of a fireplace and watch the fire
Create a CD of favorite songs
Reflect on “My most enjoyable memories”
Enjoy a cool, refreshing glass of water
Watch snowflakes or rain drops fall
Play as I did as a child
Window shop
Attend a special workshop
Tell myself the loving words I want to hear from others
Take myself on vacation
Reorganize a room I’ve put off
Read the newspaper at a leisurely pace
Pet/play with an animal
Stroll through crafts store for inspiration
Write a poem
Get a pedicure/manicure
Make myself something nice
Call an old friend
Read positive, motivational literature
Watch a movie
Enjoy a cup of herbal tea/decaf coffee
Create my own list of self-nurturing activities