

90 Ideas for Self-Nurturing Activities

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| <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> 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 |
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