

Ideas for Self Nurturing

1. Listen to your favorite music
2. Enjoy a long, warm bubble bath
3. Go for a walk
4. Share a hug with a loved one
5. Relax outside
6. Count to 10 or 100- or set a timer
7. Do an exercise of your choosing
8. Attend a support group
9. Practice diaphragmatic breathing
10. Do stretching exercises or yoga
11. Reflect on your positive qualities. "I am....." Write them down as a reminder to yourself!
12. Laugh
13. Concentrate on a relaxing scene
14. Create a collage representing the "real you"
15. Receive a massage
16. Reflect on "I appreciate..."
17. Write your thoughts and feelings in your personal journal
18. Attend a favorite athletic event
19. Do something adventurous (rock climbing)
20. Read a special book or magazine
21. Sing/Hum/Whistle a tune
22. Swing/Slide/teeter-totter
23. Play a musical instrument
24. Work with plants (gardening)
25. Learn a new skill
26. See a play, movie
27. Work out with weights/equipment
28. Ride a bike or motorcycle
29. Make yourself a nutritious meal
30. Draw/Paint
31. Swim/float/wade/relax in a pool
32. Do aerobics/dance
33. Visit a "secret place" that you enjoy
34. Smile
35. Take time to smell the roses (and other flowers that you enjoy)
36. Imagine yourself achieving your goals and dreams
37. Reflect on your most enjoyable memories
38. Enjoy a relaxing nap
39. Visit a museum/ art gallery
40. Relax in a sauna/hot tub
41. Enjoy a cool refreshing glass of water or fruit juice
42. Enjoy the beauty of nature
43. Star gaze
44. Window shop
45. Daydream
46. Stretch your body
47. Play in the rain
48. Play at the playground
49. Make yourself a home-cooked meal
50. Rearrange a room
51. Dip your feet in water
52. Visit a younger person
53. Do volunteer work
54. Tell yourself the loving words you want to hear from others
55. Go play in the water
56. Reward yourself with a special gift that you can afford
57. Create something with clay/pottery
58. Practice positive affirmations
59. Play with or pet an animal
60. Watch your favorite TV show
61. Reflect on your successes: "I can.."
62. Make a bouquet of flowers
63. Relax and watch the clouds
64. Make yourself something nice
65. Visit a park/woods/forest
66. Read positive motivational literature
67. Phone a special friend
68. Go on a picnic on a beautiful setting
69. Enjoy a cup of herbal tea or coffee

70. Participate in a favorite sport/game/recreation
71. Practice a relaxation exercise/ listen to relaxation tapes
72. Practice the art of forgiveness
73. Treat yourself to a nutritious meal at a favorite restaurant/café
74. Participate in a hobby
75. Play with play dough
76. Do something with your hands
77. Chew gum
78. Breathe deeply
79. Blow bubbles
80. Chew on something (jerky, pumpkin seeds, sunflower seeds...)
81. Pick a hobby
82. Look at pictures
83. Light candles or incense
84. Do work or labor
85. Meditate
86. Have an adventure
87. Take time to yourself
88. Read comics
89. Gaze at the stars
90. Pick flowers
91. Learn more about yourself (family history, genetics, learning skills...)
92. Go to the library
93. Express your emotions
94. Explore
95. Let someone hug you
96. Listen to sounds in nature
97. Allow yourself to be supported
98. Walk barefoot in the grass
99. Call a special friend
100. Visit an older person
101. Watch a good movie (curl up with a blanket and a hot drink)