

90 WAYS
TO PRACTICE

Self-Care

Physical

1. Stretch
2. Go for a run
3. Go for a swim
4. Get a body massage
5. Go to a workout class
6. Reduce alcohol intake
7. Wear comfortable clothes
8. Get a pedicure/manicure
9. Make a healthy diet change
10. Sing like no one's listening
11. Try a new workout at home
12. Dance like no one's watching
13. Eat nourishing/healthy foods
14. Go for a walk without your phone
15. Take a long warm bath or shower
16. Relax and unwind with essential oils
17. Enjoy a piece of chocolate or a glass of wine
18. Relax in a spa and book a treatment or two!
19. Retail therapy (brighten up your wardrobe)
20. Get some sun, if possible! (avoid sunbeds and wear SPF)

Emotional

21. [Journaling](#)
22. See a therapist
23. Laugh out loud
24. Listen to music
25. Have a [media detox](#)
26. Start saying "no" more
27. Create a gratitude list
28. Watch a film you love
29. [Simplify your schedule](#)*
30. Make sometime for yourself
31. Write a letter to your older self
32. Write a letter to your younger self
33. Everyday find five beautiful things
34. Forgive others and forgive yourself
35. [Smile more](#)
36. De-clutter your house/bedroom/car/office
37. Create a photo album of your cherished memories
38. Write down the things you love about yourself (10 minimum!)
39. Write or say positive [affirmations](#)
40. Shield yourself from negativity

Mental

41. Puzzles
42. Drawing
43. Reading
44. Knitting
45. Gardening
46. Building/DIY
47. Write a "to-do" list
48. [Take photographs](#)
49. Take or teach a class
50. Create a dream board
51. Learn a new language
52. Going on a nature walk
53. Join or start a book club
54. Design/create something
55. Create a [morning routine](#)
56. Create a night time routine
57. Do something out of your comfort zone
58. Colouring ([adult colouring books](#))
59. [Write a bucket list](#)
60. Write a reserve bucket list

Spiritual

61. Pray
62. Yoga
63. Meditation
64. Volunteering
65. Giving to charity
66. Light scented candles
67. Going on a nature walk
68. Helping those less fortunate
69. Attending a religious service
70. Contemplate

Social

71. Family day out
72. Go to the cinema
73. Plan a dinner date
74. Connect with a friend
75. Call a friend or relative
76. Visit your grandparents
77. Tell someone you love them
78. Spend time with your family
79. Give someone a compliment
80. Hug someone you care about
81. Have a picnic with friends/family
82. Spend quality time with your partner
83. Spend quality time with a family
84. Re-establish contact with an old friend
85. Join a friend at a workout class or for a run
86. Lunch with a colleague on your work break
87. Working at a coffee shop instead of at home
88. Tell someone what you appreciate about them
89. Have a night in with friends
90. Send a care package to someone