

Self Care Treats

- Have a bed picnic.
- Go to bed early or sleep in late.
- Research something that I've been interested in but haven't had the time to dive into.
- Go for a drive—no destination required.
- Sing at the top of my lungs. Preferably in the car and with the windows down.
- Walk around the fancy grocery store without a list. Buy some stuff just for fun.
- Pick or buy a bouquet of fresh flowers.
- Relax and allow yourself to do nothing (no cellphones allowed!)
- Meditate.
- Read an educational book with a focus on personal growth.
- Listen to an educational podcast (news is not included as educational).
- Play with your pet.
- Cuddle your significant other.
- Do something that makes you smile.
- Create something artistic or play an instrument.
- Listen to music you love.
- Practice gratitude with a **gratitude journal**.
- Forgive someone you have been holding a grudge against.
- Do something that's scared you that you've always wanted to do.
- Focus on your own needs and goals instead of comparing yourself to others.
- Practice compassion for yourself.
- Take a break from **social media**.
- Allow yourself to feel your feelings instead of running from them or distracting yourself.
- Read a fictional book that lifts your spirits.
- Take a break from technology—unplug.
- Help someone and don't expect anything in return.
- Practice positive affirmations
- (Example: You are enough just as you are right now in this moment).
- Write down a few things you appreciate yourself.
- Move to music you love.
- Get adequate sleep.

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- Lift weights.
- Walk.
- Play a sport.
- Go outside - get some sunlight on your skin.
- Try yoga or another mindful movement practice (also good for your mental health).
- Eat healthfully (i.e.: fruits and veggies, unrefined foods).
- Look in a mirror and love your body as it is right now, without judgment.
- Start a compliments file. Document the great things people say about you to read later.
- Scratch off a lurker on your to-do list, something that's been there for ages, and you never do.
- Change up the way you make decisions. Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head.
- Go cloud-watching. Lie on your back, relax, and watch the sky.
- Take another route to work. Mixing up your routine in small ways creates
- new neural pathways in the brain to keep it healthy.
- Pay complete attention to something you usually do on autopilot, perhaps brushing your teeth, driving, eating, or performing your morning routine.
- Goof around for a bit. Schedule in **five minutes of "play"** (non-directed activity) several times throughout your day.
- Fix a small annoyance at home that's been nagging you - a button lost, a drawer that's stuck, a light bulb that's gone.
- Be selfish. Do one thing today just because it makes you happy.
- Do a mini-declutter. Recycle three things from your wardrobe that you don't love or regularly wear. Unplug for an hour. Switch everything to airplane mode and free yourself from the constant bings of social media and email.
- Get out of your comfort zone, even if it's just talking to a stranger at the bus stop.
- Edit your social media feeds, and take out any negative people.
- You can just "mute" them; you don't have to delete them.
- Give your body ten minutes of mindful attention. Use the **body scan technique** to check in with each part of your body.

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- Activate your self-soothing system. Stroke your own arm, or if that feels too weird, moisturize.
- Get to know yourself intimately. Look lovingly and without judgment at yourself naked. (Use a mirror to make sure you get to know all of you!)
- Make one small change to your diet for the week. Drink an extra glass of water each day, or have an extra portion of veggies each meal.
- Inhale an upbeat smell. Try peppermint to suppress food cravings and boost mood and motivation.
- Use your commute for a "Beauty Scavenger Hunt." Find five unexpected beautiful things on your way to work.
- Help someone. Carry a bag, open a door, or pick up an extra carton of milk for a neighbor.
- Write out your thoughts. Go for fifteen minutes on anything bothering you. Then let it go as you burn or bin the paper.
- Get positive feedback. Ask three good friends to tell you what they love about you.
- Ask for help—big or small, but reach out.



With a little bit of attention to your own self-care, the fog will lift.
You'll feel more connected to yourself and the world around you.
You'll delight in small pleasures, and nothing will seem quite as difficult as it did before.

Like a car, you must keep yourself tuned up to make sure that you don't need a complete overhaul.

Incorporating a few of these tiny self-care ideas in your day will help keep you in tune.

Which one will you try first?