



Self-care Ideas



Julie's Self-care List Ideas

- 1 *Sleep/naps*
- 2 *Sunshine*
- 3 *Being alone*
- 4 *Massage*
- 5 *Watching things I enjoy*
- 6 *Reading*
- 7 *Having things organized/
decluttered*
- 8 *Listening to things I enjoy*
- 9 *Learning*
- 10 *Clicking/vibing with someone*
- 11 *Libraries*
- 12 *Intense exercise and the after
feeling*
- 13 *Accomplishing goals*
- 14 *Laughing*
- 15 *Loud music while driving and
singing alone*
- 16 *Praise music*
- 17 *Christmas music*
- 18 *Space around me*
- 19 *Silence*
- 20 *Time with the Lord*
- 21 *Nature/ocean/beach time*
- 22 *Take a walk*
- 23 *Girlfriend time*
- 24 *Jigsaw puzzles*

Julie's Self-care List, and add yours

25	<i>Sending an encouraging note to someone or catching up</i>	37
26	<i>Thinking of things I'm grateful for and feeling the gratitude</i>	38
27	<i>Smelling great smells (certain flowers, baked goods, etc)</i>	39
28	<i>Accomplishing a goal</i>	40
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