101 ideas for simple self care

1. Eat lots of fruit and veg.
2. Drink plenty of water.
3. Pick a “guilty pleasure” and indulge occasionally.
4. Practise yoga regularly.
5. Recite some affirmations.
6. Go to the beach.
7. Have some time alone.
8. Make sure you get a full night’s sleep.
9. Have a bubble bath.
10. Speak to the people you love who support you.
11. Listen to your favourite song.
12. Watch your favourite film.
13. Watch a funny video on youtube.
15. Go to your favourite coffee shop.
16. Visit your local park.
17. Enjoy the sunshine on your skin.
18. Go star gazing.
19. Go to somewhere beautiful.
20. Don’t feel bad for saying no.
22. Have a no screen night.
23. Spend time around animals.
24. Have a nap.
25. Burn a nice smelling candle.
27. Find a hobby you love and make time for it.
29. Do some baking.
30. Change your bed sheets before.
31. Put your PJs in the tumble dryer for just a couple of minutes before putting them on.
32. Do some painting.
33. Plant some flowers.
34. Wear your favourite perfume.
35. Get dressed up for no reason, just because.
36. Have a pyjama day.
37. Close your eyes for 5 minutes.
38. Meditate.
39. Turn your phone off for a few hours.
40. Visit a forest.
41. Organise your work space.
42. Throw away old things.
43. Look through old photographs.
44. Take pictures of beautiful things.
45. Have a candlelit dinner.
46. Create something.
47. Start an evening course.
48. Have a lay in at the weekend.
49. Create a relaxing music playlist.
50. Buy yourself a treat.
51. Put your feet up for an evening.
52. Take regular breaks from your work.
53. Write a list of your favourite things about yourself.
54. Write yourself a budget.
55. Have a spare change piggy bank.
57. Pop some bubble wrap.
58. Be mindful of what you’re feeling.
59. Write a gratitude list.
60. Buy yourself some flowers.
61. Do some gentle exercise.
62. Have a pamper day.
63. Put a pin in a map for all the places you would like to visit.
64. Create a new Pinterest board dedicated to self improvement.
65. Scoot down the stairs.
66. Lay on the floor with your legs up.
67. Make a gift for a friend.
68. Tell someone you love them.
69. Create a space of peace at home.
70. Take a dog for a walk.
71. Get a haircut.
72. Clear out your wardrobe.
73. Do some deep breathing exercises.
74. Give yourself a pep talk.
75. Drink a warm beverage.
76. Make some alcohol free cocktails.
77. Sell some items online.
78. Go browsing in a book shop.
79. Go on a spontaneous adventure.
80. Rearrange your furniture.
81. Paint your toenails.
82. Make a face mask and put it on.
83. Pull funny faces at yourself.
84. Run up and down the stairs 10 times to get your heart pumping.
85. Buy some new extra comfy slippers.
86. Hold hands with a loved one.
87. Draw a silly picture.
88. Bake a loaf of bread.
89. Clean your windows.
90. Find shapes in the clouds.
91. Make daisy chains.
92. Climb a tree (if you can and it’s safe).
93. Re-purpose some old clothes.
94. Run outside when it’s raining.
95. Jump on your sofa’s and pretend the floor is lava.
96. Get yourself a massage.
97. Do something new.
98. Set yourself an attainable challenge for the next day.
99. Take a moment to let go.
100. Remind yourself of your importance.
101. Remember how important it is to look after yourself.