List of Self-Care Ideas

Is your body calling?

* Practice yoga
* Exercise with your work out of choice
* Garden
* Do an activity outside
* Go for a walk or hike
* Nap
* Shower
* Give yourself a manicure or pedicure
* Reiki
* Massage
* Eat or drink something healthy
* Drink tea, lemon water, or a smoothie
* Prep your meals to make the above two easier
* Eat without distraction
* Cuddle
* Indulge in a sacred bath
* Light incense

Is your mind screaming with stress and agony?

* Practice meditation or yoga nidra
* Practice meditation with crystals
* Chant mantra
* Write in a journal
* Write in a gratitude journal
* Call a friend and ask to be heard
* Call a therapist and pay to be heard
* Listen to podcasts

Need some soulful activities?

* Spend your morning alone
* Spend the evening alone
* Set an intention for the day
* Watch the sun rise
* Read a contemplative book
* Sound healing
* Sit with a cup of tea
* Listen to music
* Play music or sing
* Prayer
* Draw and paint mandalas
* Paint pottery
* Set boundaries
* Take pictures
* Do something you WANT to do

Everything I listed is either what I do or what other people are doing when I asked “How do you practice self-care?”

Remember, self-care could look different for everyone. One thing I listed under one category can definitely go to another, depending on who you are and your specific needs.

If you want to do some journaling and pinpoint what it is you really need, here are some prompts… I’ll do it with you ☺

Question: What is one thing I can do that will feel good for my body?

Hien: Well right now for me, I could use a potty break! I’ve been sitting here blogging for a bit

You:

Question: What is one thing I can do that will feel good for my mind?

Hien: Light some incense to get my mind to notice something and loosen tension. I’ve been meaning to do that more, actually.

You:

Question: What is one thing I can do that will feel good for my soul/sense of spirituality?

Hien: Do a lovingkindness meditation to remind myself and others that we are all worthy of love and happiness.

You: