

THE BIG LIST OF SELF-CARE ACTIVITIES

Check the ones you are willing to do, and then add any activities that you can think of:

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| ☐ Talk to a friend on the telephone | ☐ Cook your favorite dish or meal |
| ☐ Go out and visit a friend | ☐ Cook a recipe that you've never tried before |
| ☐ Invite a friend to come to your home | ☐ Take a cooking class |
| ☐ Text message your friends | ☐ Go out for something to eat |
| ☐ Organize a party | ☐ Go outside and play with your pet |
| ☐ Exercise | ☐ Go borrow a friend's dog and take it to the park |
| ☐ Lift weights | ☐ Give your pet a bath |
| ☐ Do yoga, tai chi, or Pilates, or take classes to learn | ☐ Go outside and watch the birds and other animals |
| ☐ Stretch your muscles | ☐ Find something funny to do, like reading the Sunday comics |
| ☐ Eat your favorite ice cream | ☐ Visit fun Web sites and keep a list of them |
| ☐ Go for a walk in a park or someplace else that's peaceful | ☐ Watch a funny movie (start collecting funny movies to watch when you're feeling overwhelmed) |
| ☐ Go get a haircut | ☐ Go to the movies |
| ☐ Sleep or take a nap | ☐ Watch television |
| ☐ Go outside and watch the clouds | ☐ Listen to the radio |
| ☐ Go jog | ☐ Go to a sporting event, like a baseball game |
| ☐ Ride your bike | ☐ Play a game with a friend |
| ☐ Go for a swim | ☐ Play solitaire |
| ☐ Go hiking | ☐ Play video games |
| ☐ Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things | ☐ Go online to chat |
| ☐ Go to your local playground and join a game being played or watch a game | ☐ Visit your favorite Web sites |
| ☐ Buy something on the internet | ☐ Go shopping |
| ☐ Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall | ☐ Do a puzzle with a lot of pieces |
| ☐ Get out of your house, even if you just sit outside | ☐ Sell something you don't want on the internet |
| ☐ Plan a trip to somewhere you've never been before | ☐ Create your own Web site |
| ☐ Go to a spa | ☐ Join an internet dating site |
| ☐ Go to a library | ☐ Buy something on the internet |
| ☐ Go to a bookstore and read | ☐ Get a massage |
| ☐ Go to your favorite café for coffee or tea | ☐ Go for a drive in your car or go for a ride on public transportation |
| ☐ Visit a museum or local art gallery | ☐ Eat chocolate (it's good for you!) or eat something else you really like |
| ☐ Go to the mall or the park and watch other people; try to imagine what they're thinking | ☐ Sign up for a class that excites you at a local college, adult school or online |
| ☐ Pray or meditate | ☐ Read your favorite book, magazine or newspaper |
| ☐ Go to your church, synagogue, temple, or other place of worship | ☐ Read a trashy celebrity magazine |
| ☐ Join a group | ☐ Write a letter to a friend or family member |
| ☐ Write a letter to your higher power | ☐ Write things you like about yourself on paper |
| | ☐ Write a poem, story, movie or play |
| | ☐ Write in your journal |
| | ☐ Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset |

- ___ Call a family member you haven't spoken to in a long time
- ___ Learn a new language
- ___ Sing or learn how to sing
- ___ Play a musical instrument or learn how to play one
- ___ Write a song
- ___ Listen to some upbeat, happy music (start making a collection to play when you're feeling upset)
- ___ Turn on some loud music and dance
- ___ Memorize lines from your favorite movie, play or song
- ___ Make a movie or video
- ___ Take photographs
- ___ Join a public-speaking group and write a speech
- ___ Participate in a local theatre group
- ___ Sing in a local choir
- ___ Plant a garden
- ___ Work outside
- ___ Knit, crochet, or sew—learn how to
- ___ Make a scrapbook with pictures
- ___ Paint your nails
- ___ Trim your nails
- ___ Change your hair color
- ___ Take a bubble bath or shower
- ___ Work on your car, truck, motorcycle or bicycle
- ___ Start a gratitude journal
- ___ Go dancing

- ___ Make a list of ten things you're good at or like about yourself and keep it with you to read when you're feeling upset
- ___ Draw a picture
- ___ Paint a picture with a brush or your fingers
- ___ Make a list of the people you admire and describe what it is you like about them
- ___ Write a story about the craziest or funniest thing that has ever happened to you
- ___ Make a list of ten things you would like to do before you die
- ___ Write a letter to someone who has made your life better and tell them why (you don't have to send the letter if you don't want to)
- ___ Create your own list of self-care activities
- ___ Other ideas: _____
- _____
- _____
- _____
- _____