

## Activity Menu Ideas for Self-care

### **Be active**

Go for a walk Go for a run  
Go for a swim  
Go cycling  
Use an exercise video at home

### **Cook**

Cook a meal for yourself  
Cook a meal for someone else  
Bake a cake / cookies  
Roast marshmallows  
Find a new recipe

### **Nature**

Try some gardening  
Plant something  
Do some pruning  
Mow the lawn  
Pick flowers  
Buy flowers  
Go for a walk in nature  
Sit in the sun

### **Kindness**

Help a friend / neighbor / stranger  
Make a gift for someone  
Try a random act of kindness  
Do someone a favor  
Teach somebody a skill  
Do something nice for someone  
Plan a surprise for someone  
Make a list of your good points  
Make a list of things or people  
you are grateful for

### **Expression**

Laugh Cry  
Sing Shout Scream

### **Animals**

Pet an animal Walk  
Listen to the birds



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 **Read**

Read a favorite book  
Read a new book  
Read the newspaper  
Read your favorite website

 **Plan**

Set a goal  
Create a budget  
Make a 3 year plan  
Make a 'to do' list  
Make a 'bucket list'  
Make a shopping list

 **Mend**

Repair something in the house  
Repair your bike/ car / scooter  
Make something new  
Change a lightbulb  
Decorate a room

 **Schedule**

Get up extra early  
Stay up late  
Sleep in late  
Tick something off your 'to do' list

 **Try something new**

Try a new food  
Listen to some new music  
Watch a new TV show or movie  
Wear some new clothes  
Read a new book  
Do something spontaneous  
Express yourself

 **Connect with people**

Contact a friend  
Join a new group  
Join a political party  
Join a dating website  
Send a message to a friend  
Write a letter to a friend  
Reconnect with an old friend



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 **Write**

Write a letter with compliments  
Write a letter to your politician  
Write an angry letter  
Write a grateful letter  
Write a 'thank you' card  
Write a journal / diary  
Write your CV  
Start writing a book

 **Clean**

Clean the house Clean the yard  
Clean the bathroom Clean the toilet  
Clean your bedroom Clean the fridge  
Clean the oven Clean your shoes  
Do the washing up  
Fill / empty the dishwasher Do laundry  
Do some chores Organise your workspace Clean a cupboard

 **Music**

Listen to music you like  
Find some new music to listen to  
Turn on the radio  
Make some music  
Sing a song  
Play an instrument  
Listen to a podcast

 **Self care**

Take a bath  
Take a shower  
Wash your hair  
Give yourself a facial Trim your nails  
Sunbathe (wear sunscreen!)  
Take a nap



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 **Mind**

Daydream Meditate Pray  
Reflect Think  
Try relaxation exercises  
Practice yoga

 **Watch**

Watch a movie  
Watch a TV show  
Watch a YouTube video

 **Learn**

Learn something new Learn a  
new skill  
Learn a new fact  
Watch a tutorial video

 **Create**

Draw a picture Paint a  
portrait  
Take a photograph Doodle /  
sketch Organise photographs  
Make a photography album  
Start a scrapbook Finish a  
project  
Do some sewing / knitting



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