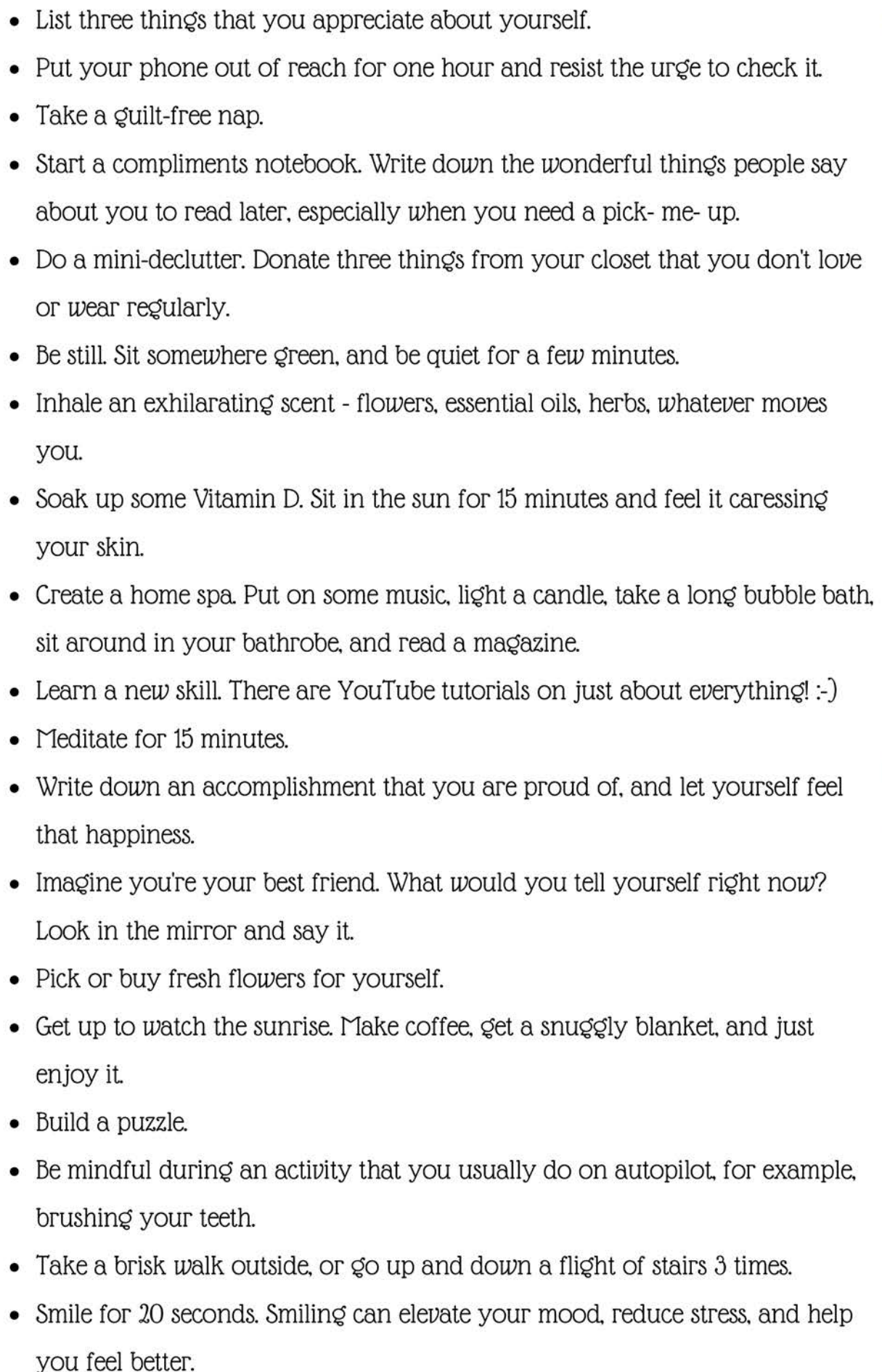
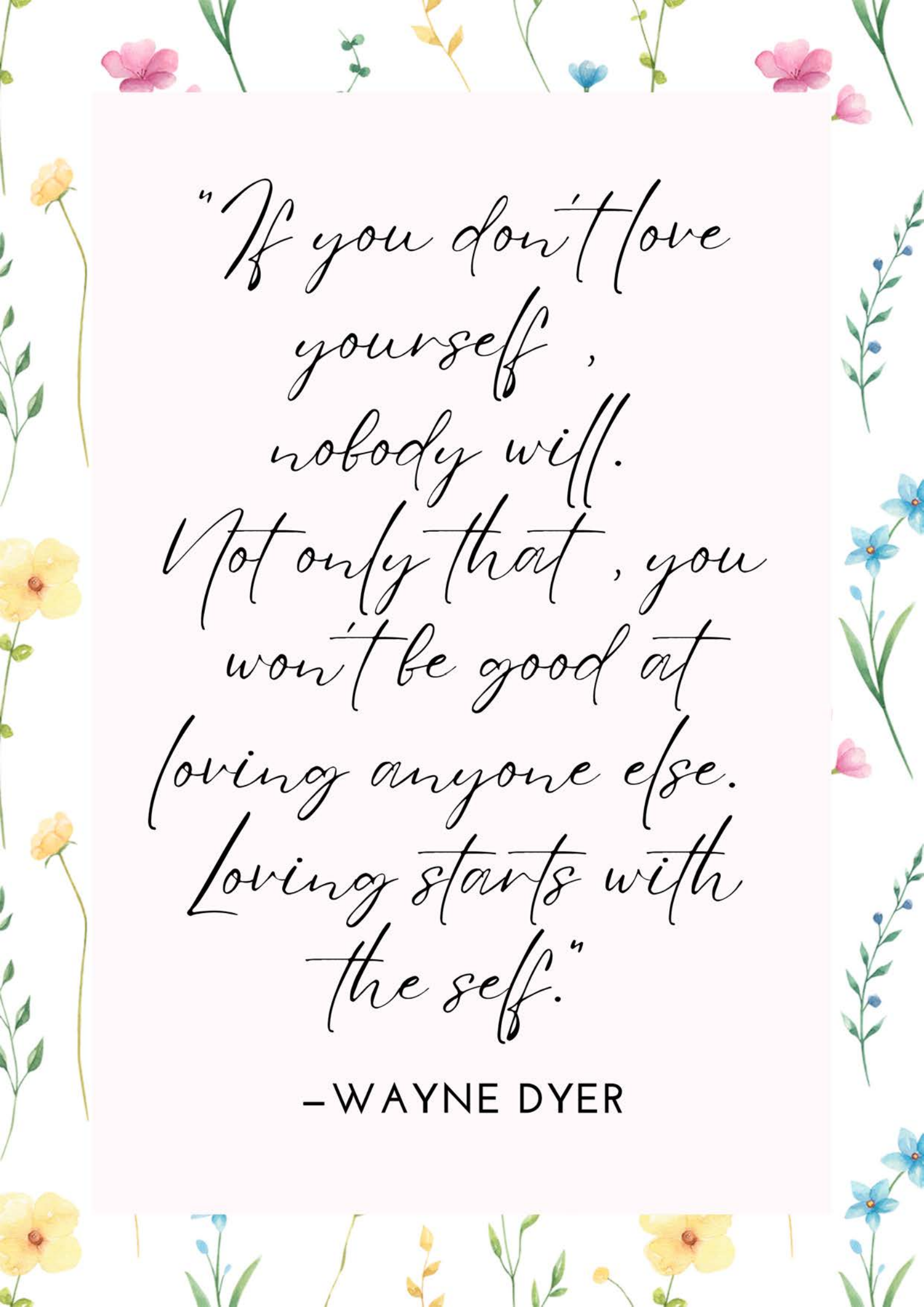




*52 acts of self-care  
just for you!*

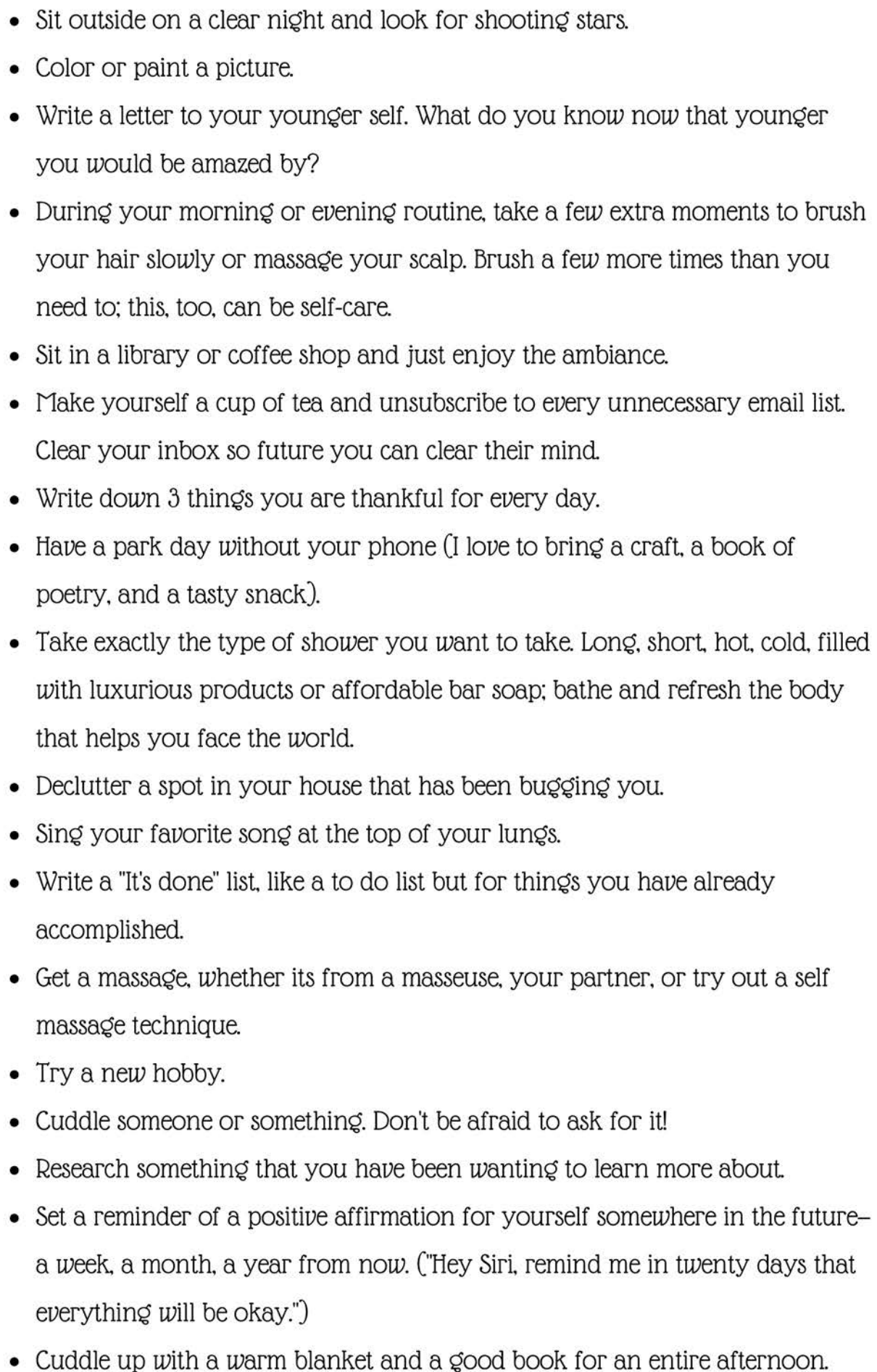
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- List three things that you appreciate about yourself.
  - Put your phone out of reach for one hour and resist the urge to check it.
  - Take a guilt-free nap.
  - Start a compliments notebook. Write down the wonderful things people say about you to read later, especially when you need a pick-me-up.
  - Do a mini-declutter. Donate three things from your closet that you don't love or wear regularly.
  - Be still. Sit somewhere green, and be quiet for a few minutes.
  - Inhale an exhilarating scent - flowers, essential oils, herbs, whatever moves you.
  - Soak up some Vitamin D. Sit in the sun for 15 minutes and feel it caressing your skin.
  - Create a home spa. Put on some music, light a candle, take a long bubble bath, sit around in your bathrobe, and read a magazine.
  - Learn a new skill. There are YouTube tutorials on just about everything! :-)
  - Meditate for 15 minutes.
  - Write down an accomplishment that you are proud of, and let yourself feel that happiness.
  - Imagine you're your best friend. What would you tell yourself right now? Look in the mirror and say it.
  - Pick or buy fresh flowers for yourself.
  - Get up to watch the sunrise. Make coffee, get a snuggly blanket, and just enjoy it.
  - Build a puzzle.
  - Be mindful during an activity that you usually do on autopilot, for example, brushing your teeth.
  - Take a brisk walk outside, or go up and down a flight of stairs 3 times.
  - Smile for 20 seconds. Smiling can elevate your mood, reduce stress, and help you feel better.



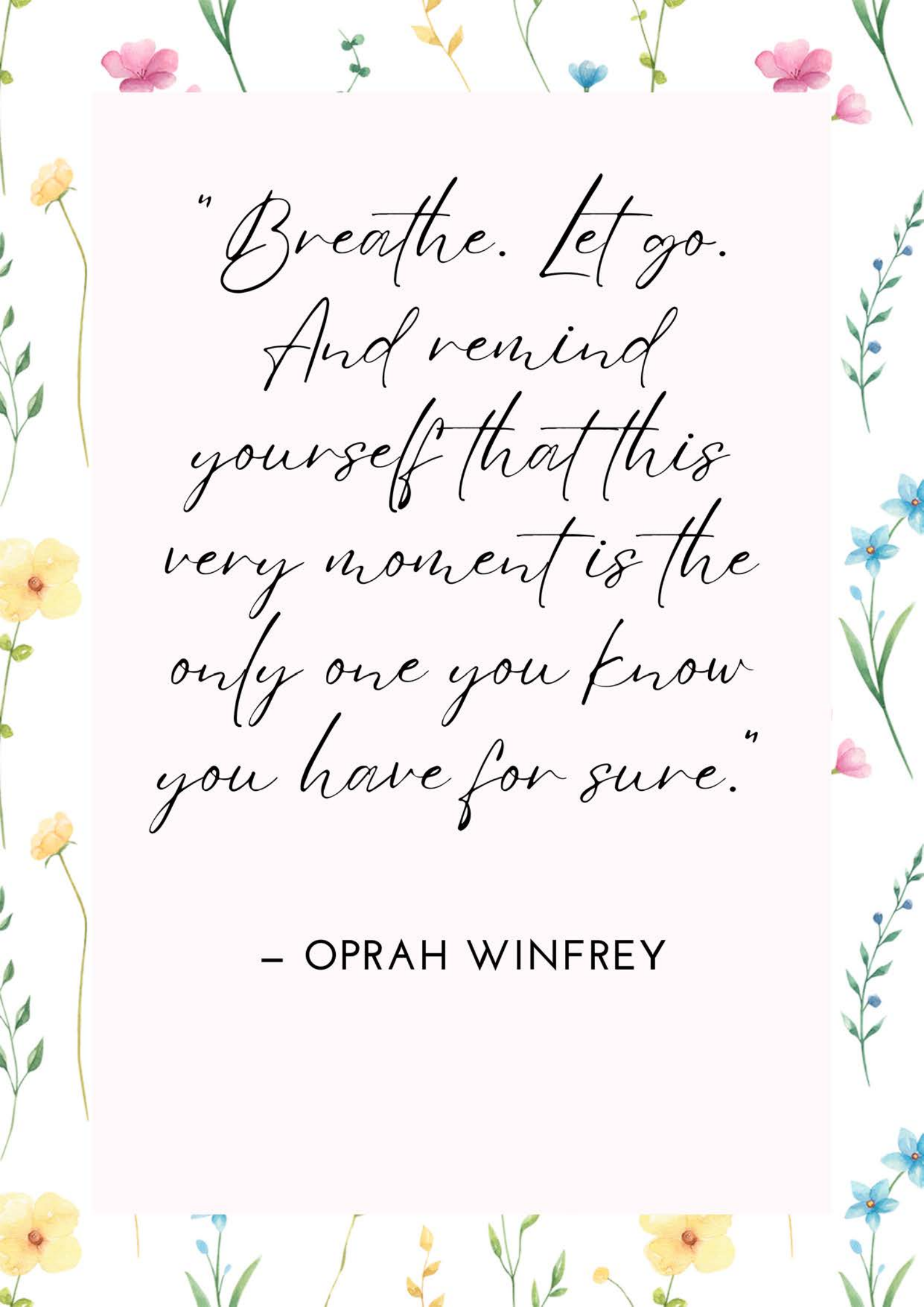


"If you don't love  
yourself ,  
nobody will.  
Not only that , you  
won't be good at  
loving anyone else.  
Loving starts with  
the self."

—WAYNE DYER

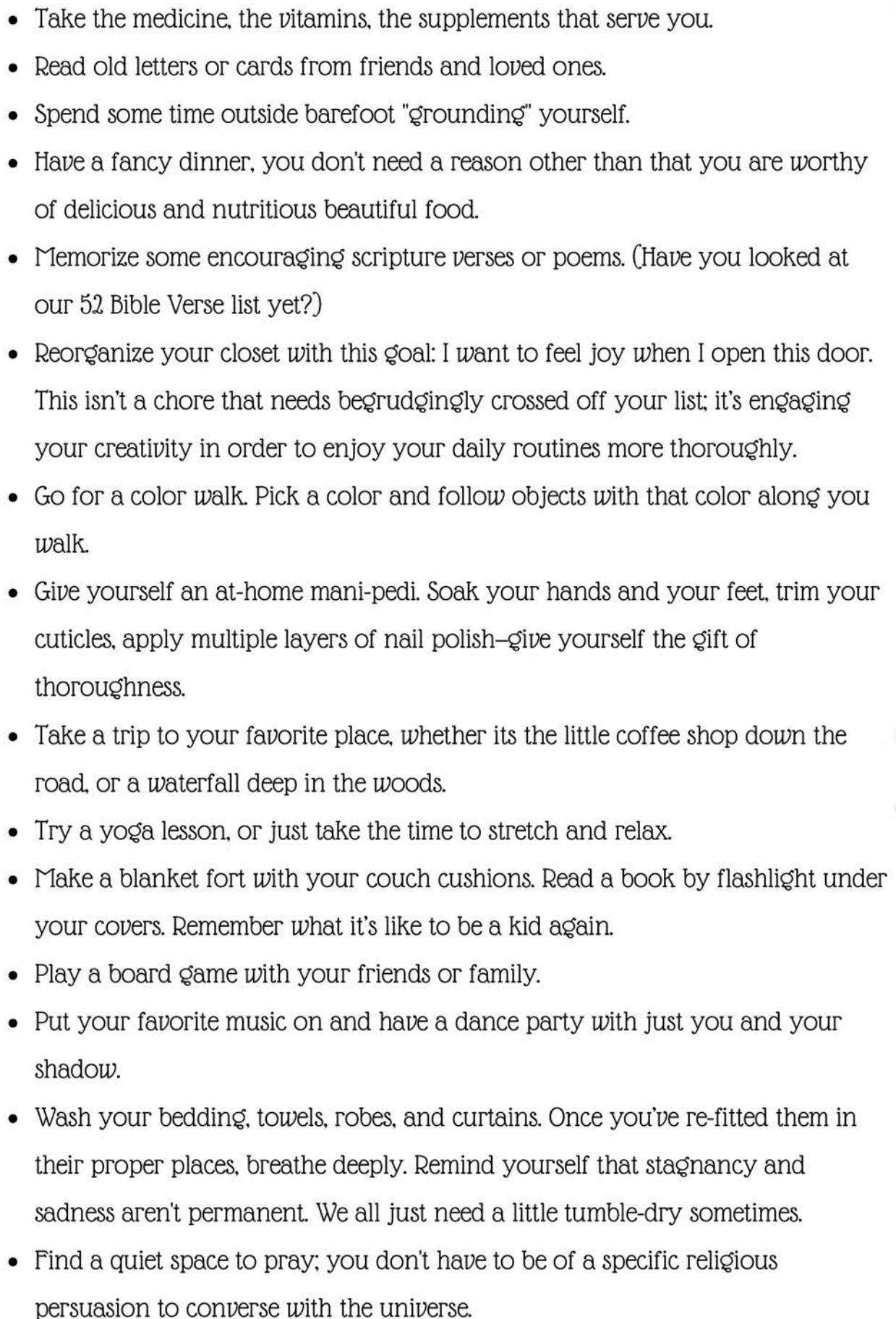
- 
- Sit outside on a clear night and look for shooting stars.
  - Color or paint a picture.
  - Write a letter to your younger self. What do you know now that younger you would be amazed by?
  - During your morning or evening routine, take a few extra moments to brush your hair slowly or massage your scalp. Brush a few more times than you need to; this, too, can be self-care.
  - Sit in a library or coffee shop and just enjoy the ambiance.
  - Make yourself a cup of tea and unsubscribe to every unnecessary email list. Clear your inbox so future you can clear their mind.
  - Write down 3 things you are thankful for every day.
  - Have a park day without your phone (I love to bring a craft, a book of poetry, and a tasty snack).
  - Take exactly the type of shower you want to take. Long, short, hot, cold, filled with luxurious products or affordable bar soap; bathe and refresh the body that helps you face the world.
  - Declutter a spot in your house that has been bugging you.
  - Sing your favorite song at the top of your lungs.
  - Write a "It's done" list, like a to do list but for things you have already accomplished.
  - Get a massage, whether its from a masseuse, your partner, or try out a self massage technique.
  - Try a new hobby.
  - Cuddle someone or something. Don't be afraid to ask for it!
  - Research something that you have been wanting to learn more about.
  - Set a reminder of a positive affirmation for yourself somewhere in the future—a week, a month, a year from now. ("Hey Siri, remind me in twenty days that everything will be okay.")
  - Cuddle up with a warm blanket and a good book for an entire afternoon.





*"Breathe. Let go.  
And remind  
yourself that this  
very moment is the  
only one you know  
you have for sure."*

– OPRAH WINFREY

- 
- Take the medicine, the vitamins, the supplements that serve you.
  - Read old letters or cards from friends and loved ones.
  - Spend some time outside barefoot "grounding" yourself.
  - Have a fancy dinner, you don't need a reason other than that you are worthy of delicious and nutritious beautiful food.
  - Memorize some encouraging scripture verses or poems. (Have you looked at our 52 Bible Verse list yet?)
  - Reorganize your closet with this goal: I want to feel joy when I open this door. This isn't a chore that needs begrudgingly crossed off your list; it's engaging your creativity in order to enjoy your daily routines more thoroughly.
  - Go for a color walk. Pick a color and follow objects with that color along you walk.
  - Give yourself an at-home mani-pedi. Soak your hands and your feet, trim your cuticles, apply multiple layers of nail polish—give yourself the gift of thoroughness.
  - Take a trip to your favorite place, whether its the little coffee shop down the road, or a waterfall deep in the woods.
  - Try a yoga lesson, or just take the time to stretch and relax.
  - Make a blanket fort with your couch cushions. Read a book by flashlight under your covers. Remember what it's like to be a kid again.
  - Play a board game with your friends or family.
  - Put your favorite music on and have a dance party with just you and your shadow.
  - Wash your bedding, towels, robes, and curtains. Once you've re-fitted them in their proper places, breathe deeply. Remind yourself that stagnancy and sadness aren't permanent. We all just need a little tumble-dry sometimes.
  - Find a quiet space to pray; you don't have to be of a specific religious persuasion to converse with the universe.