

SELF CARE IDEAS

TO ADD TO YOUR ROUTINE

Physical



1. Exercise
2. Dance
3. Do yoga
4. Go for a walk
5. Get Quality sleep

6. Eat something healthy
7. Drink enough water
8. Take a bath
9. Get a massage
10. Do breathing exercises

Mental



11. Listen to your fav song
12. Get a new experience
13. Read a book or novel
14. Declutter your living space
15. Avoid toxic people/places

16. Explore your creativity
17. Meditate
18. Watch a good movie
19. Sing / play an instrument
20. Do something on your to-do list

Emotional



21. Journal
22. Say positive things
23. Learn to say no
24. Celebrate your wins
25. Practice gratitude

26. Laugh
27. Practice forgiveness
28. Express how you feel
29. Do something that makes you happy
30. Let go of things you can't control

Social



31. Give social media a break
32. Catch up with friends
33. Meet new people
34. Try digital abstinence
35. Be around like-minded people

36. Avoid negative energies
37. Organize a friendly dinner
38. Say something nice to someone
39. Join a support group
40. Participate in an event

Spiritual



41. Help someone
42. Pray
43. Observe quiet time
44. Recite a mantra
45. Read spiritual books

46. Donate to a cause or charity
47. Read something inspiring
48. Spend time with nature
49. Self-reflect
50. Attend a spiritual service

Best Self Care Routine

Rachel Sandford



Best Self Care Routine:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Tender Moments: **Best Self Care Routine** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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