

# Ideas for Nurturing Yourself



- Start a compliments file
- Cross something off your to-do list
- Go cloud-watching
- Take another route to work
- Pay complete attention to something you usually do on autopilot
- Goof around for a bit
- Create a deliberate habit so there is one more thing you don't have to think about
- Take one minute to be aware of your thoughts, feelings, sensations
- Take one minute to focus on your breathing
- Do one thing today just because it makes you happy.
- Do a mini-declutter
- Unplug for an hour
- Get out of your comfort zone
- Edit your social media feeds by taking out any negative people
- Take three deep breaths
- Get down and boogie
- Stretch out the kinks
- Run (or walk, depending on your current physical health) for a few minutes
- Pick two healthy breakfasts, lunches, and dinners and rotate for the week.
- Stroke your own arm, or if that feels too weird, moisturize.
- Drink an extra glass of water each day
- Pick something from your wardrobe that feels great next to your skin.
- Be still for two minutes
- Get fifteen minutes of sun (with sunscreen!)
- Inhale an upbeat smell
- Have a good laugh
- Take a quick nap when you get home from work
- Check in with your emotions
- Write out your thoughts.
- Stroke a pet
- Ask three good friends to tell you what they love about you.
- Make a small connection with a stranger
- Think about what you're good at, and find an opportunity for it today.
- Take a home spa—Have a long bath or shower, sit around in your bathrobe, and read magazines.
- Ask for help
- Plan a two-day staycation for next weekend

*Based on a list by Ellen Bard*