



SELF-CARE IDEAS

It can sometimes be difficult to think of ideas, particularly at times of stress. Below are a range of different ideas of self-care activities, some of which you may already do or some may need reconnecting with.

- Go for a walk
- Take a bath or a shower
- Read or listen to a book
- Enjoy a favourite hot drink
- Make a nice meal
- Listen to music
- Have a break from technology
- Watch a favourite TV show
- Listen to a podcast
- Draw, paint or colour
- Spend time in the garden
- Breathing exercise
- Play a board game
- Ring, text, zoom friends and family
- Drink plenty of water
- Good sleep hygiene
- Read a favourite magazine or blog