

50 Ways to Practice Self Care

Self Care is going inward to discover yourself... and then taking action. It could be something really small or something grand. Whatever it is, it's what you truly desire and that's the most important thing. Here's a checklist of Self Care ideas to try...

- Listen to your favourite song
- Do a Yoga class ([here's a favourite of ours](#))
- Take 5 deep breaths
- Get a massage (or ask your loved one!)
- Watch a funny movie
- Reconnect with nature
- Say "no" more often
- Have a mini pamper session
- Open the windows in your home
- Do a heart pumping Pilates class ([this one is fun!](#))
- Clear out your wardrobe
- Go to bed early
- Enjoy a bath with epsom salts
- Write a gratitude list
- Ride a bike
- Declutter your home or just a drawer
- Go out for ice cream (or stay in for icecream!)
- Do a puzzle
- Take your dog for a walk (or pat someone else's)
- Write poetry
- Listen to guided meditation ([here's a nice one](#))
- Reach out to an old friend
- Detox from social media
- Star gaze
- Have a get together (or Zoom) with your friends
- Go to a museum or gallery
- Dance to your favorite music
- Grow an indoor plant
- Jump in the ocean
- Talk to your best friend
- Buy yourself some flowers (or pick some!)
- Laugh out loud
- Make a delicious dinner for yourself
- Read a great fiction book
- Listen to a podcast ([here's a good episode on Self Care!](#))
- Write a letter of self-forgiveness
- Join a painting, photography, creative writing, language or other class (there's lots online!)
- Meet a friend for coffee
- Watch a show on Netflix
- Sit and listen to the sounds of nature
- Talk about your feelings with someone who will listen
- Watch the sunset (or sunrise)
- Be kind to someone else
- Wake up early and make yourself a good breakfast
- Give yourself permission to do nothing
- Dress up just because
- Turn off your phone for a few hours
- Give someone you love a hug
- Bake something delicious ([here's our easy cookie recipe](#))
- Delete items from your to-do list



If you have any A-HA moments, questions, comments or feedback message us on our Facebook or Instagram accounts [@themerrymakersisters](#) or head to [themerrymakersisters.com](#) for more info.

Always remember,

 *You are Amazing* 
just as you are, right here, right now.