

Ways to Take Care of Yourself

- Animals
- Appreciate nature
- Aroma therapy
- Art theater
- B & B
- Bake
- Baseball
- Bath
- Beach
- Being away from kids/family
- Being silly
- Being with my animals
- Being with my kids/family
- Bike ride
- Bird watching
- Boat
- Brain Gym
- Breakfast in bed
- Building
- Buy fabric
- Buy flowers
- Buy shoes
- Call a friend
- Call in sick
- Call old friend
- Call your mom
- Camp
- Candlelight dinner
- Candles
- Cards
- Change the bed
- Childhood things – play board games
- Clean
- Clean basement
- Clean bathtub
- clean closets
- Clean drawers
- Clean/wash windows
- Climb trees
- Color
- Color hair
- Comedy club
- Comedy shows
- Communicate/talk out
- Computer
- Cook
- Cook out
- County fair
- Craft/art
- Crafts
- Crossword puzzle
- Cry
- Cuddle a baby
- Dance
- Day dream
- Declutter
- Decompress with co-workers
- Deep breathe
- Defuzz sweater
- Design clothing
- Divorce
- Do nothing
- Don't answer the phone
- Draw-doodle
- Drink wine
- Drive around
- Drum
- Eat
- Eat healthy
- Essential oils
- Exercise
- Extra rest
- Family movie time
- Fantasy books
- Favorite movie
- Festivals
- Fireplace- make/sit
- Flossing teeth
- Four wheeling
- Fresh tomato/corn
- Gamble
- Garden
- Get near water
- Get together with friends
- Go fishing
- Go on a boat ride
- Go out to eat
- Go to a coffee shop
- Go to a nursing home
- Go to a party
- Go to museum
- Go to the beach
- Go to the playground
- Go to therapy
- Go to zoo
- Go to church
- Golf
- Good thoughts
- Good words from friends
- Go to church group
- Grandchildren reading to grandma
- Grandson
- Guided images
- Guitar
- Gym
- Hair treatment
- Hammock
- Hang out with a typical kid
- Hear a good laugh
- Help someone
- Hide out/turn off phone
- Hike in the woods
- Hold baby
- Hold hands
- Horseback ride
- Hot beverage
- Hot shower
- Hot tub
- Hug
- Hug your child
- Ice Cream
- Iron
- Journal
- Kayak
- Kiss
- Knit
- Lake/sunset/waves
- Laugh
- Laundry
- Lay on a hammock
- Lay on the porch swing
- Leave the dirty dishes
- Long bath
- Long drive
- Look through photo albums
- Make a mess with the kids
- Make grateful list
- Make some one else happy
- Makeover
- Male entertainment
- Margarita
- Massage
- Meditate
- Meet a friend
- Mental Health Day
- Monitor phone calls
- Move around
- Move furniture
- Movies
- Mow lawn
- Music
- Nap
- No tv
- On-line support group

- Open Christmas presents
- Organize a drawer
- Organize cupboards
- Out with friends
- Outdoors
- Paint
- Paint room
- Pedicure
- Pet animals
- Pets
- Photography
- Pick flowers
- Play
- Play games
- Play golf
- Play guitar
- Play music, sing
- Play piano
- Play poker
- Play with grandchildren, or not
- Play with kids
- Play with pet
- Polish shoes
- Praise
- Pray
- Puzzles
- Quiet
- Quilt
- Read
- Read children's books
- Read poetry
- Read to someone else
- Receive baking
- Redecorate
- Rereading notes (ie from kids)
- Resist calling mom
- Ride bike
- Ride in car
- Rip wallpaper
- Rock in a chair
- Romance
- Safe sex in the barn
- Search internet
- Sew
- Sex
- Shells
- Shop
- Shower
- Silence
- Silo lounge
- Sing
- Sit on balance ball
- Sit on sun porch
- Sit in sun
- ski/snow board
- Sky dive
- Sled riding
- Sleep
- Spa
- Spa treatment
- Spend money
- Spend time with family/Sunday time
- Spend time with youngster
- Star gaze
- Stay away from news
- Stretch
- Sun
- Sun gaze
- Swim
- Swing
- Take a bubble bath
- Take a meal to someone
- Take a walk alone
- Take photos
- Tea
- Tear something up
- Tease a kid
- Tennis
- Think, or not
- Time alone
- TV movie
- Vacation
- Verbalize/listen to positive talk
- Visit a friend
- Visit someone
- Visualize
- Volunteer
- Walk
- Walk in woods
- Wallpaper
- Wash car
- Watch movies
- Watch storms
- watch the fish
- Watch the snails
- Wax car
- Wear kilt
- Window shop
- Winery
- Woodwork
- Work out
- Work with clay
- Write a letter
- Write a note – appreciation
- Yard sale
- Yell
- Yoga