

30 SIMPLE SELF-CARE IDEAS TO FEED YOUR SOUL:



1. Get outside for 15 minutes.
2. Grab your journal and spend 15 minutes dreaming.
3. De-clutter something that irritates you for 15 min.
4. Plan supper for tomorrow so you don't have that hanging over your head.
5. Read a fun book for 15 minutes.
6. Take a bubble bath.
7. Make a cup of tea and just sit.
8. Call a friend.
9. Write 5 things down you are grateful for.
10. Write in your journal.
11. Write down 5 things you are good at.
12. Diffuse your favorite oils and breath deeply.
13. Journal a prayer to God.
14. Spend 15 minutes learning something new.
15. Sit and watch the sunset.
16. Get rid of 5 things that you don't like.
17. Tell someone how much you appreciate them.
18. Paint your nails.
19. Do something that has been hanging over your head.
20. Practice being present.
21. Let someone ahead of you in line at the store and practice being still.
22. Don't check your phone for _____ minutes.
23. Spend 15 minutes journaling something you are struggling with.
24. Drink water.
25. Color a page in an adult coloring book.
26. Plan your week or at least the next day.
27. Take a 15-minute nap.
28. Give yourself a facial.
29. Turn on some music and dance.
30. Give yourself a foot massage and put lotion on your feet.