

## Ideas for Take Care of Yourself

- Breathe.
- Take a hot bath.
- Exercise.
- Walk.
- Read.
- Have healthy sex.
- Eat a good nourishing meal.
- Go out for the evening.
- Write.
- Get a massage, Reiki, or other body/energy work.
- Swim.
- Light a candle.
- Draw or paint.
- Take a nap.
- Get warm.
- Cool off.
- Call a friend.
- Bake.
- Garden.
- Sew, knit, quilt, crochet, etc.
- Put on some relaxing music.
- Go to church, synagogue, etc.
- Watch tv.
- Cry.
- Meditate.
- Build something out of wood.
- Practice creative visualization.
- Play with your children.
- Put yourself first.
- State your opinions.
- Say no.
- Ask a favor of someone.
- Pray.
- Sing.
- Dance.
- Do yoga.
- Jog.
- Scream real loud.
- Invite a few friends over.
- Start a support group.
- Start a dream-sharing group.
- Listen to your heart.
- Turn off the phone; don't check your email.
- Schedule "off" times. Write it in your calendar.
- Go for a day without electricity.
- Talk and listen to your inner child.
- Throw away a bunch of stuff.
- Go to the lake, beach, mountains, desert.
- Call your favorite relative, teacher, neighbor.
- Get therapy.

Start a peer supervision group at work.

Go by a park, school or day care and watch the kids on the playground.

Get a pet.

Stop thinking.

Take a deep breath and let out a big, loud sigh.

List your accomplishments.

List your goals.

List what you're grateful for.

List what you're good at.

Write your vision of the ideal future.

Take a class.

Forgive someone.

Speak up.

When someone hurts your feelings, think of him or her as a child who needs love.

Spend five minutes breathing slowly and deeply while thinking of something or someone you love unconditionally.

Find out about yourself - for example, study the Enneagram.

Stop expecting things from people.

Stop telling people what to do.

Move the furniture around.

Trade "venting" with someone - each of you gets five minutes to talk without interruption, no holds barred.

Play a musical instrument.

Drive to a small town and walk around the town square. Strike up a conversation with the oldest person you see.

Wade in a creek.

Watch birds, ants, fish.

Take a boat ride.

Go skiing.

Greet your mailman, the clerks in the stores you go to, the pizza delivery person.....

Look at yourself in the mirror and say "I love you." Mean it.

ADD YOUR OWN IDEAS: