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Ideas for Self Care

Take a bubble bath

Do 5 minutes of deep breathing

Give yourself a manicure, pedicure etc.

Do a free art gallery tour

Attend a cooking class

Take a long bike ride

Cook your favorite meal

Watch a movie

Take a nap

Do a crossword puzzle

Listen to music

Go on a hike in the mountains

Jog on a new trail

Take dance, music lessons etc.

Color your hair

Meditate

Pray

Stretch your entire body

Play an instrument you haven't played in awhile

Go to church, synagogue, chapel for a service

Join a Singles group, GLBT group, Mom's group, Dad's group, etc.

Read a book you have always wanted to

Take a dance lesson, music lesson etc.

Schedule "you" time every week

Brush your hair 100 times

Get a facial

Massage your hands, feet, scalp etc.

Scrapbook

Go bird-watching

Take a swim at a rec center

Write in a journal

Paint a picture

Go to a free concert- Jazz in City Park, church choir performance, outdoor festivals etc.

Go to the weekend farmer's market in your area

Take a class- writing, history, pottery, painting, macramé etc.

Play with a child

Take your dog or a neighbor's dog to a dog park

Join a book club

Exfoliate your face, feet, hands, body etc.

Learn a new outdoor activity

Plant some flowers

Light candles and listen to music

Do yoga

Go to dinner at a new restaurant

Introduce yourself to someone you have not met at work, in the park, at church etc.

Visit a museum

Praise yourself for 3 things you have done well this day, week, month, year etc.

Eat healthy

Drink more water

Volunteer

Attend a book signing at the Tattered Cover, Barnes & Noble etc.

Go bowling

Think of something that you "used to" like to do... and do it

Go rollerblading

Take a daytrip skiing, snowboarding, snowshoeing, cross-country skiing

Take a scenic drive

Go to Elitch's, Museum of Nature and Science, Denver Zoo, etc.

Enjoy an afternoon at the library or bookstore

Call a friend and chat or meet them for coffee or tea