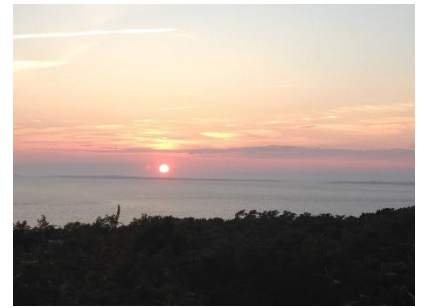


Self-Care Ideas



1. Cut the ideas listed below into strips of paper.
2. Place them in a jar, each week pull out one idea and “make” yourself do what is on the piece of paper within the week.

Sometimes we need a “push” to continue moving forward on our grief pathway. By allowing ourselves to do something nice just for “us” we will be able to continue on. Give it a try!

Bake cookies	Call a friend	Get a pedicure
Get your nails done	Get or give yourself a facial	Swing on a swing set
Play in a sandbox	Go to a playground and play	Take a walk
Hike through a Metro Park	Volunteer at a food bank	Volunteer at Goodwill
Take an afternoon “off” (do what you want)	Take a day “off” (do what you want)	Go to the Library
Visit an animal shelter	Read for an hour	Sit on the front porch. Just sit and enjoy.
Take a bubble bath	Pick a bouquet of fresh flowers	Take a leisurely walk
Watch a movie (of your choice)	Take a nap	Order dinner in
Color – yes color	Draw/paint a picture	Watch the clouds
Look at the stars	Dance	Burn a scented candle
Go to a coffee shop and just sit and read	Go the Farmers Market	Find a new hobby
Try/do Yoga	Sing at the top of your lungs	Go swimming
Dress up in your favorite outfit	Watch the sunrise or set	Have a picnic (outside or in your living room)
Read a magazine	Go to bed early	Sleep in

Make yourself a fancy coffee drink.	Spend an hour on Pinterest	Go to an Art Museum
Take a day trip	Buy a fun treat at the grocery store	Watch funny animal videos on YouTube
Say "no" to someone	Listen to music that inspires you	Go through your closet and purge
Now that your closet is clean go buy yourself a new outfit	Cuddle with a pet	Clean out a junk drawer
Meditate	Spend time in nature	Journal
Go for a bike ride	Go to lunch with a friend	Volunteer at an animal shelter (you get to play with puppies!)
Turn off your phone for a few hours	Treat yourself to your favorite dessert	Slow down Be present today
Call someone you love	Binge watch your favorite TV show	Cuddle with your pet (or human)
Plant flowers	Wear your favorite perfume	Buy yourself some flowers
Play a game	Take a bubble bath	Decorate your house
Re-arrange your furniture	Go watch a youth sport (softball, soccer, football)	Go for a drive in the country