

## **29 WAYS TO CARE FOR YOURSELF**

1. Think of something you want that is available; then make a plan to get it.
2. Go for a long walk
3. Think of people who buoy you up; call one of them.
4. Listen to your favorite music.
5. Sing or chant.
6. Do something creative.
7. Take a shower or a long, warm bath.
8. Make a list of your strengths. Spend at least an hour concentrating fully on appreciating yourself.
9. Love a pet expressively.
10. Think of a beautiful thing you would enjoy doing for someone. Then do it!
11. Dance!
12. Forgive someone.
13. Consult a nutrition book and consider what you might add to your diet for pep and vitality.
14. Plan a trip or event that you think you would enjoy. Spend an hour anticipating in fantasy exciting aspects of the experience.
15. Think about enjoyable ways of relaxing; choose one and do it.
16. Make an appointment for a massage, or give yourself a body massage or an invigorating skin brush.
17. Try Hatha Yoga exercises. When performed correctly, they can bring a fantastic sense of well being.
18. Begin something you have been putting off for a long time.
19. Start your own humor book. Write down the funniest jokes you can recall.
20. Consider ways to make yourself more enjoyable to live with or more attractive as a friend.
21. Relive the "greatest moment" you ever had.
22. Make a list of things you are grateful for.
23. Scream!
24. Think of a goal that will bring you joy. Then consider ways to attain it.
25. Resolve to free yourself from the fear and anger in your life. Start by realizing you can't blame other people or things for your problems.
26. Resolve to let go of all criticisms (of an emotional nature). Remember that the mentally healthy person is uncritical.
27. Arrange a meeting with your favorite person.
28. Give something away.
29. Tell someone that you love him/her.