

Ideas for Practicing Self Care

WHILE SOCIAL DISTANCING

PHYSICAL:

- Go for a walk
- Dance
- Hike
- Follow an online exercise workout
- Play with a pet
- Clean & reorganize a room
- Take a bath or shower
- Stretch
- Bake a treat
- Get fresh air and sunlight
- Deep clean your space
- Cook a healthy meal
- Garden

MENTAL:

- Limit your news and Social media intake
- Read a book
- Listen to a podcast
- Learn a new skill like photography
- Access online learning (youtube, social media, TED talks etc)
- Draw, Doodle or Colour
- Do a DIY project or craft
- Make music
- Take a tech break from your phone
- Cook a new recipe
- Do a puzzle
- Watch a movie or TV show
- Design a dream home
- Follow a daily routine
- Have a digital clean out (clean out inboxes, delete unwanted photos or apps)

EMOTIONAL:

- Meditate
- Practice Yoga
- Light a candle
- Journal
- Write down a gratitude list
- Listen to your favourite music
- Call a friend or family member
- Create a vision board
- Draw out your emotions
- Write a letter and mail it
- Practice Deep breathing exercises
- Draw a happy place
- Connect with faith or spirituality
- Make cards for neighbours