

82 Ideas for Self-Nurturing Activities

- Listen to favorite music
- Enjoy a long, warm bubble bath
- Go for a walk
- Share a hug with a loved one
- Relax outside
- Physical activity (of my choice)
- Say or read a spiritual prayer
- Attend a caring support group
- Practice deep breathing
- Do stretching exercises
- Reflect on positive qualities "I am..."
- Write my thoughts and feelings in a personal journal
- Laugh
- Concentrate on a relaxing scene
- Create a collage representing the "real me"
- Receive a massage
- Reflect on "I appreciate..."
- Watch the sunrise or sunset
- Attend a favorite athletic event
- Do something adventurous
- Read a special book or magazine
- Sing, hum, whistle a happy tune
- Go dancing
- Play a musical instrument
- Meditate
- Garden and work with plants
- Learn a new skill
- See a special play, movie or concert
- Work out with weights or small hand weights
- Ride a bicycle
- Make myself a nutritious meal
- Draw or paint a picture
- Swim and relax at the beach or pool
- Do aerobics to neat music
- Visit a special place I enjoy
- Smile and say, "I love myself"
- Take time to smell the flowers
- Go horseback riding
- Sit in front of a fireplace and watch the fire
- Read a cartoon or joke book
- Listen to my favorite kind of music
- Reflect on "My most enjoyable memories"
- Enjoy a relaxing nap
- Visit a museum or art gallery
- Practice yoga
- Relax in a whirlpool or sauna
- Enjoy a cool, refreshing glass of water
- Count my blessings "I am thankful for..."
- Enjoy the beauty of nature
- Play as I did as a child
- Star gaze
- Window shop
- Daydream
- Tell myself the loving words I want to hear from others
- Attend a special workshop
- Go sailing or paddle boating
- Reward myself with a gift I can afford
- Take myself on vacation
- Create with clay or pottery
- Practice positive affirmations
- Pet an animal
- Watch my favorite TV show
- Reflect on my successes "I can..."
- Write a poem
- Make a bouquet of flowers
- Watch the clouds
- Make myself something nice
- Visit a park, woods, forest
- Call an old friend
- Read positive, motivational literature
- Reflect on "What I value most in life."
- Go on a picnic in a beautiful setting
- Enjoy a cup of herbal tea/decaf coffee
- Participate in a favorite card game
- Practice relaxation exercises
- Practice the art of forgiveness
- Treat myself to a nutritious meal at a favorite restaurant
- Enjoy my favorite hobby
- Walk in the warm rain
- Watch snowflakes or rain drops fall
- Put out wild bird seed and watch the birds
- Create my own list of self-nurturing activities