

# 50 *Self Care* IDEAS FOR A BAD DAY

1. DRINK HERBAL TEA
2. TRY AFFIRMATIONS
3. WRITE 10 THINGS GRATEFUL FOR
4. TAKE A DETOX BATH
5. TRY A FACE MASK
6. BREATHE DEEPLY
7. LIGHT YOUR FAVORITE CANDLE
8. WATCH A MOTIVATIONAL TED TALK
9. EXERCISE
10. WALK IN NATURE
11. BUY YOURSELF FLOWERS
12. WRITE 5 THINGS YOU LOVE
13. JOURNAL
14. MAKE A VISION BOARD
15. DECLUTTER 10 ITEMS
16. READ A PERSONAL GROWTH BOOK
17. GO FOR A LONG WALK
18. LISTEN TO YOUR FAVORITE MUSIC
19. DO SOMETHING TO LAUGH
20. PLAN A GETAWAY
21. COOK YOUR FAVORITE MEAL
22. WATCH YOUR FAVORITE SHOW
23. HAVE A NIGHT WITH FRIENDS
24. DO A BRAIN DUMP
25. GO OUT FOR A DATE NIGHT
26. DO SOMETHING NEW
27. GIVE YOURSELF A MANICURE
28. CALL OR TEXT SOMEONE YOU LOVE
29. DO YOGA POSES
30. LISTEN TO YOUR FAVORITE PODCAST
31. SPEND TIME WITH SOMEONE INSPIRING
32. STRETCH
33. DO A SPA DAY
34. DO A DIGITAL DETOX
35. EAT A SALAD OR SMOOTHIE
36. GO OUT IN SUNSHINE
37. GO TO YOUR FAVORITE PLACE
38. TAKE SOME PRETTY PHOTOS
39. GET A MASSAGE
40. HUG SOMEONE
41. DRINK A FULL GLASS OF WATER
42. READ INSPIRATIONAL QUOTES
43. PUT ON NICE CLOTHES & MAKEUP
44. SLEEP
45. WATCH THE SUNRISE
46. REFRESH YOUR MORNING ROUTINE
47. CHANGE YOUR SHEETS
48. DIFFUSE ESSENTIAL OILS
49. DO SOMETHING NICE FOR SOMEONE
50. GO OUT FOR A COFFEE

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