



11 Things You Might Not Have Thought of As Self-Care

BONUS: MOST OF THESE CAN BE DONE WITH THE TIME AND RESOURCES YOU HAVE ON HAND.

What does self-care mean to you? Self-care is an outfit that looks different on everyone, and varies depending on the day. Sometimes it's coloring in an adult coloring book, sometimes it's Netflix and snacks in bed, occasionally it's a green smoothie and a run. None of these are better or worse. An introvert's idea of self-care might be a night in, while an extrovert feels nourished by a night out. Importantly, self-care shouldn't feel like a "should"—it's something you want to do, and you're not just doing it to tick a box on your to-do list. It's basically any activity that nourishes you in some physical, emotional or spiritual way.

No matter how we define self-care, the bottom line is that we all crave it, require it and deserve it. In theory, that seems simple—however, feeling deserving of taking care of yourself in the same way you take care of others can be a challenge. We often put our own self-care behind taking care of others, which leaves nothing for ourselves. Prioritizing self-care is important. Taking care of yourself isn't selfish—in fact, it will allow you to show up the people you love from a more nourished place.

To get you started with your own self-care, here are several creative ideas—see what works for you.



11 Things You Might Not Have Thought of As Self-Care *(continued)*

1 **Go on a walk with a long-distance friend.**

This idea costs nothing and is as simple as tossing on some headphones and calling a friend that lives far away for a long catch-up session as you enjoy a walk. Set up a time when you know you can connect.

2 **People-watch sans phone at a cafe.**

Take yourself out to your favorite coffee shop on a solo date. Here's the catch though — leave your phone at home. Bring a book, magazine, or journal if you want, or better yet, fly completely distraction-free. Use all of your senses fully by smelling your tea, tasting your food, eavesdropping on conversations, and people-watching as you enjoy some disconnected time.

3 **Declutter your space.**

Having a clean, organized and beautiful space can be one of the most nourishing things you can do for yourself. If you spend just a little time getting organized, you'll feel amazing for a long time afterward.

4 **Have a take-out picnic.**

Simple, but oh-so-nourishing. Grab takeout from your favorite restaurant or deli and head to the park with a blanket and your journal, friend or pet.

5 **Daydream.**

Simply allow yourself to dream. Some call it visualizing. Some call it just sitting and using your imagination like you did when you were a child.

6 **Cloud watch.**

Take some time to stare at the clouds, watch them move, and decide if they look like anything silly.

7 **Make a craft.**

A good art project can get you into the present moment and help you let go of some of your stress of the day simply by getting you feeling creative and helping you stop staring at a screen for a while.

8 **Send a card.**

Snail mail is super underrated. Instead of reaching out to a friend you haven't spoken to in a while via text, ask them for their address and send them a card, instead. If you can, make them one.

9 **Listen to a podcast.**

Sometimes when you're feeling lonely simply listening to other people have a conversation can do the trick of making you feel a little less isolated.

10 **Bake.**

Baking ignites all senses as you use your hands, taste your creation, share it with a friend, and make your kitchen and entire home smell amazing.

11 **Make a task you hate a little more pleasurable.**

Can you make a monotonous task like answering emails slightly better by putting on a sweater you love, listening to some background music, lighting a candle, pouring yourself some tea and taking the entire set up to your couch instead of your desk? Could you work from outside? Could you make your desk feel more cozy in some way? Try it!