

Self-Care Options

- Squeeze a stress ball
- Stretch
- Go to the gym
- Do something artistic: paint, play with clay, sketch, sew, color in a coloring book, make a collage...
- Try a new recipe
- Have a predetermined “I don’t exist” day. Turn off your computer and phones.
- Meditate
- Go to a toy store and play
- Take a bath
- Get a massage
- Take a walk
- Call a friend you haven’t talked to for awhile
- Throw a ball around with someone...or just throw one against a wall
- Write a letter to a friend or family member
- Spend time with friends and family. Allow them to support you!
- Say the Serenity Prayer: “Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”
- Take a nap
- Read a book aloud, to a child, a friend, a dog...whoever!
- Give yourself a facial
- Pray
- Perform a random act of kindness
- Build a bonfire on the beach. Make s’mores. ☺
- Eat healthy foods with plenty of vitamins, protein, and iron. Don’t forget those whole grains, fruits, nuts, and green, leafy vegetables!
- Journal
- Get a manicure or a pedicure
- Write a story
- Go to a spa – Well Within and the Tea House are both very relaxing!
- Make a scrapbook
- Walk your pet
- What is something you’ve always wanted to know how to do? Speak another language? Play an instrument? Knit? Sign yourself up for a class, and learn a new skill.
- Plant a small garden
- Take ten deep breaths
- Drink plenty of water
- Make a surprise gift for someone
- Cry
- Take a hike somewhere you’ve never been, or at a favorite spot
- Dance! Whether you’re going to see live music or just dancing around your house, dancing is good for the mind, body and soul.

- Go puddle-jumping after a rain storm
- Make a list of your blessings
- Climb a tree
- Jump on a trampoline
- Read
- Beat on a drum (or go to Rhythm Fusion in Santa Cruz and play with their instruments)
- Walk on the beach
- Turn off all the lights, and light some candles
- Make a connectedness map for yourself
- Go for a run
- Listen to music
- Take a leisurely drive
- Watch the sunset or sunrise
- Go to a CASA to CASA meeting and/or call your Case Supervisor to talk
- Order some take-out and rent a movie
- Go see a movie
- Play games (cards; board games; sports) with friends/family
- Rub your temples for at least a minute
- Rearrange the furniture in a room in your home
- Stargaze. If you're interested, learn some constellations.
- Hug your loved ones
- Daydream
- Make sure you're getting enough sleep!