Fact Sheet Thirteen:
Self-Care Tips & Ideas

Self-care is a personal journey, with each individuals needs being different from the next. Below are a few ideas to help you begin to think about what currently works for you, give you inspiration of new ideas to try, and see if you have a balanced and diverse range of self care tools.

Physical	Emotional	Mental	Spiritual
Exercise: walk, cycle, swim, etc	Deep breath and think, "I am calm and peaceful	Say an affirmation	Connect with Nature
Soak in a hot bath, with candles and music	Share feelings about an experience with a friend	Read a book or magazine article	Concentrate on the flame of a candle
Stretch and move to music	Listen to music you like, or sing and make noise	Express your thoughts & feelings in a journal	Meditate / Pray
Get a massage	Counselling	Make a to do list	Study with a spiritual teacher
Take a course in Tai Chi, water aerobics, or yoga	Hug someone, ask for a hug	Write a poem or draw	Do something of service for another or for your community
Sit in the sun for 15 minutes	Pet your dog or cat	Visit a Museum	Listen to a guided meditation tape
Sit in a garden or park, or go bushwalking	Telephone a long distance friend or relative	Undertake study or a new hobby	Practice a daily quiet time, routine to connect spiritually
Watch birds and animals interact in nature	Reflection: journaling, writing, meditating, poetry	List your traits, needs and want	Visualize yourself in a peaceful place
Change one thing to improve your diet	Notice what you are feeling several times a day	Make a list of short term and long term goals	Learn about a religion or belief different from your own
Use humour and laughter	Write a letter to someone who has hurt you, but do not send it	Preview your day upon awakening, Review upon retiring	Study ancient, esoteric wisdom teachings
Take a nap	Affirm your self daily & acknowledge your accomplishments	Work on your family tree	Practice unconditional love and forgiveness with self and others

Reflective Practice
Highlight those that you currently do, and those that you'd like to try