

THE BIG LIST OF SELF-CARE ACTIVITIES

Check the ones you are willing to do, and then add any activities that you can think of:

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|--|--|
| <input type="checkbox"/> Talk to a friend on the telephone | <input type="checkbox"/> Cook your favorite dish or meal |
| <input type="checkbox"/> Go out and visit a friend | <input type="checkbox"/> Cook a recipe that you've never tried before |
| <input type="checkbox"/> Invite a friend to come to your home | <input type="checkbox"/> Take a cooking class |
| <input type="checkbox"/> Text message your friends | <input type="checkbox"/> Go out for something to eat |
| <input type="checkbox"/> Organize a party | <input type="checkbox"/> Go outside and play with your pet |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Go borrow a friend's dog and take it to the park |
| <input type="checkbox"/> Lift weights | <input type="checkbox"/> Give your pet a bath |
| <input type="checkbox"/> Do yoga, tai chi, or Pilates, or take classes to learn | <input type="checkbox"/> Go outside and watch the birds and other animals |
| <input type="checkbox"/> Stretch your muscles | <input type="checkbox"/> Find something funny to do, like reading the Sunday comics |
| <input type="checkbox"/> Eat your favorite ice cream | <input type="checkbox"/> Visit fun Web sites and keep a list of them |
| <input type="checkbox"/> Go for a walk in a park or someplace else that's peaceful | <input type="checkbox"/> Watch a funny movie (start collecting funny movies to watch when you're feeling overwhelmed) |
| <input type="checkbox"/> Go get a haircut | <input type="checkbox"/> Go to the movies |
| <input type="checkbox"/> Sleep or take a nap | <input type="checkbox"/> Watch television |
| <input type="checkbox"/> Go outside and watch the clouds | <input type="checkbox"/> Listen to the radio |
| <input type="checkbox"/> Go jog | <input type="checkbox"/> Go to a sporting event, like a baseball game |
| <input type="checkbox"/> Ride your bike | <input type="checkbox"/> Play a game with a friend |
| <input type="checkbox"/> Go for a swim | <input type="checkbox"/> Play solitaire |
| <input type="checkbox"/> Go hiking | <input type="checkbox"/> Play video games |
| <input type="checkbox"/> Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things | <input type="checkbox"/> Go online to chat |
| <input type="checkbox"/> Go to your local playground and join a game being played or watch a game | <input type="checkbox"/> Visit your favorite Web sites |
| <input type="checkbox"/> Buy something on the internet | <input type="checkbox"/> Go shopping |
| <input type="checkbox"/> Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall | <input type="checkbox"/> Do a puzzle with a lot of pieces |
| <input type="checkbox"/> Get out of your house, even if you just sit outside | <input type="checkbox"/> Sell something you don't want on the internet |
| <input type="checkbox"/> Plan a trip to somewhere you've never been before | <input type="checkbox"/> Create your own Web site |
| <input type="checkbox"/> Go to a spa | <input type="checkbox"/> Join an internet dating site |
| <input type="checkbox"/> Go to a library | <input type="checkbox"/> But something on the internet |
| <input type="checkbox"/> Go to a bookstore and read | <input type="checkbox"/> Get a massage |
| <input type="checkbox"/> Go to your favorite café for coffee or tea | <input type="checkbox"/> Go for a drive in your car or go for a ride on public transportation |
| <input type="checkbox"/> Visit a museum or local art gallery | <input type="checkbox"/> Eat chocolate (it's good for you!) or eat something else you really like |
| <input type="checkbox"/> Go to the mall or the park and watch other people; try to imagine what they're thinking | <input type="checkbox"/> Sign up for a class that excites you at a local college, adult school or online |
| <input type="checkbox"/> Pray or meditate | <input type="checkbox"/> Read your favorite book, magazine or newspaper |
| <input type="checkbox"/> Go to your church, synagogue, temple, or other place of worship | <input type="checkbox"/> Read a trashy celebrity magazine |
| <input type="checkbox"/> Join a group | <input type="checkbox"/> Write a letter to a friend or family member |
| <input type="checkbox"/> Write a letter to your higher power | <input type="checkbox"/> Write things you like about yourself on paper |
| | <input type="checkbox"/> Write a poem, story, movie or play |
| | <input type="checkbox"/> Write in your journal |
| | <input type="checkbox"/> Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset |

- ___ Call a family member you haven't spoken to in a long time
- ___ Learn a new language
- ___ Sing or learn how to sing
- ___ Play a musical instrument or learn how to play one
- ___ Write a song
- ___ Listen to some upbeat, happy music (start making a collection to play when you're feeling upset)
- ___ Turn on some loud music and dance
- ___ Memorize lines from your favorite movie, play or song
- ___ Make a movie or video
- ___ Take photographs
- ___ Join a public-speaking group and write a speech
- ___ Participate in a local theatre group
- ___ Sing in a local choir
- ___ Plant a garden
- ___ Work outside
- ___ Knit, crochet, or sew—learn how to
- ___ Make a scrapbook with pictures
- ___ Paint your nails
- ___ Trim your nails
- ___ Change your hair color
- ___ Take a bubble bath or shower
- ___ Work on your car, truck, motorcycle or bicycle
- ___ Start a gratitude journal
- ___ Go dancing

- ___ Make a list of ten things you're good at or like about yourself and keep it with you to read when you're feeling upset
- ___ Draw a picture
- ___ Paint a picture with a brush or your fingers
- ___ Make a list of the people you admire and describe what it is you like about them
- ___ Write a story about the craziest or funniest thing that has ever happened to you
- ___ Make a list of ten things you would like to do before you die
- ___ Write a letter to someone who has made your life better and tell them why (you don't have to send the letter if you don't want to)
- ___ Create your own list of self-care activities
- ___ Other ideas: _____
- _____
- _____
- _____
- _____