

60 SELF-CARE IDEAS FOR WOMEN

CHECKLIST

Self-Care ~ Taking personal responsibility for one's own physical, emotional, mental and spiritual health

Give yourself the gift of self-care



- Have a support system**
- Learn to identify and process emotions**
- Learn to say no**
- Create and believe in your own boundaries**
- Find solitude**
 - ✓ Clear your mind, gather your thoughts and slow down
- Practice mindfulness**
 - ✓ Focus on the present moment and really pay attention to what is going on
 - ✓ Keeps you in the present moment
 - ✓ Prevents senseless worry about the future and nagging thoughts of the past
- Get a treatment at the salon**
- Take a hot aromatherapy bath**
- Do something that is fun, senseless and makes you relax.**
- Create a morning routine that helps you get centered for the day**
 - ✓ Meditation, prayer, visualization, an uplifting podcast, exercise
- Facial massage**
- Read a book**
- Spend time with friends**
- Drink a hot cup of herbal tea**
- Turn off all noise and find healing in silence**
- Cooking keeps you grounded and in touch with what you are eating**
- Be grateful for all you have**
- Break free from negative and/or unhealthy people**
- Get up slowly without a blaring alarm**
- Create a beautiful garden for yourself to sit in and relax**
- Practice deep breathing several times each day**
- Meditate**
- Do nothing for some time each day**
- Plan periods of time in your schedule without plans**
- Be spontaneous**
 - ✓ Do something spur of the moment, take a drive, read, take a nap, go to lunch with a friend, or just watch TV
- Exercise and physical movement**
 - ✓ Releases feel good chemicals in the brain
 - ✓ Reduces stress
 - ✓ Detoxifies the body
 - ✓ Greatly improves mood
- Take a scenic drive**
- Practice yoga**
 - ✓ More than sixty benefits for mind, body, and spirit
 - ✓ Effects stay with you long after each session has passed
- Have sex**
 - ✓ Promotes relaxation, stimulates release of feel good hormones in the brain
 - ✓ Intimacy nurtures emotional health and feeds your soul
- Get some sun**
- Inhale wellness with essential oils**
- Recharge with a spa day**
- Practice positivity**
- Be okay with disappointment**
 - ✓ It's okay to be disappointed with yourself
 - ✓ It's okay if others are disappointed in you
- Be your own best friend**
- Spend time alone to rest, refuel and regroup your mind and spirit**
- Create calming surroundings (home, office and car)**
- Consider your friends and relationships**
 - ✓ Do they fulfill you, support your wellbeing, and inspire you to be your best, or do they drag you down?
- Consider your routine**
 - ✓ Is it chaotic. Does it make you crazy?
 - ✓ Make changes as needed with a focus on your wellbeing
- Make a list of your greatest qualities and read it often**
- Stare at the clouds**
- Play like children do**
 - ✓ Childlike play feeds the spirit, and promotes emotional health
- Scrutinize your schedule**
 - ✓ Is it overfilled? Are overly burdened?
 - ✓ Make every possible effort to eliminate things that cause overwhelm
- Fix nagging annoyances**
 - ✓ Change that light bulb, make that phone call, fix that stuck drawer
- Just one thing**
 - ✓ Do one thing that makes you happy every single day
- Unplug all electronics for a half hour each day**
- Evaluate your social media updates**
 - ✓ Do you really need to be bothered with constant updates from 100 plus people?
 - ✓ Information overload promotes stress and prevents your mind being calm and centered
- Listen to your body for hunger, thirst, exhaustion**
- Dance**
- Stretch**
- Plan your meals**
 - ✓ Eat healthy by planning ahead and having it ready
 - ✓ Avoid eating junk food when you get too busy to consider a healthy meal
- Practice positive self-talk**
- Spend time in nature**
- Splurge - Buy yourself something self-indulgent, just because**
- Laugh regularly for the health of mind, body and spirit**
- Take a quick nap**
- Take up a hobby or sport**
- Candlelit dinner for one**
 - ✓ Take yourself out for a delectable gourmet dinner and celebrate your own company
- Journal**
 - ✓ Allows you to vent frustrations, process emotions and reflect
- Receive love freely**
 - ✓ Love is the ultimate healer, no matter how bad things get, love can pull you out
 - ✓ Seek it, receive it and give it
 - ✓ The best self-care medicine there is