

# Self Care Ideas

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## SELF-CARE QUESTIONNAIRE

1. Are making healthy food choices?
2. Are you sleeping well?
3. Are you exercising regularly?
4. Do you have a counselor, or trusted friend to talk to?
5. Are you making time for journaling and self-reflection?
6. Do you practice mindfulness regularly?
7. Are you managing stress effectively?
8. Do you have a regular gratitude practice?

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# Why is Self-Care Important For Your Mental Health?

Living in a chaotic, fast-paced world, self-care is your way to reclaim your and reestablish your own balance.

Practicing self-care helps decrease stress and anxiety and gain fulfillment.

It also increases your self-love. As you give love to yourself your self-esteem and confidence rises.

## Where To Start With Self Care?

Self-care is a personal, individual journey.

There's no "right" or "wrong" way to practice self-care.

As you go through self-care ideas, choose the ones that are relevant to what you're going through now.

For example, if you're grieving, you might find yourself drawn to emotional self-care.

If you're seeking to deepen your self-awareness, you might want to focus on intellectual self-care.

If you're seeking to nurture your body, physical self-care is the answer for you.

If you're looking to connect to a higher energy, spiritual self-care can help you with that.

## PHYSICAL SELF-CARE

## Movement

Moving your body increases endorphins and other mood-boosting brain chemicals. This helps increase your energy and decrease stress and anxiety.

### 1. Sweat Your Way to Relaxation

Heat has an incredibly restorative and relaxing effect.

Seek out a sauna or spa or even your local gym, and allow the sweat to cleanse your body of impurities.

### 2. Join a Community Sports League

Engage your competitive side in a healthy way by joining a sport of your choosing like soccer, basketball, tennis, volleyball, etc.

Just remember that it doesn't matter who wins, the goal is to have fun and get your body moving.

### 3. Yoga

The benefits of yoga extend far beyond physical health. Yoga also helps increase your focus, decrease stress and anxiety, and increase your sense of wellness.

You can also use phone apps like, Daily Yoga ([iPhone](#)/[Android](#)), Yoga Studio ([iPhone](#)/[Android](#)), Down Dog ([iPhone](#)/[Android](#)), Glo ([iPhone](#)), Yoga – Track Yoga ([Android](#)), Yoga for Beginners ([iPhone](#)), Yoga Daily Fitness ([Android](#)).

## 4. Stretch

Stretching isn't just a great way to keep your muscles limber and flexible, but it helps calm your mind and release tension.

Make stretching an essential part of your wellness routine.

## 5. Walk

Walking is a great stress-relieving activity that anyone can incorporate into a daily routine – all you need is a pair of comfortable shoes.

Look for opportunities in your day to add more steps, like taking the stairs instead of the elevator, park across the parking lot, etc.

Aim for 7,000–8,000 steps a day or 150 minutes of moderate walking a week, or thirty minutes, five times a week.

To help you track your steps and time spent walking, apps like Strava ([iphone/Android](#)), or google fit([iphone/Android](#)), can help you with that.

## 6. Dance

Dancing can be a great way to remove the feeling of being self-conscious about your movement.

If you already dance without inhibition, you may want to perform this exercise in front of a mirror.

## Touch

The human body is covered in nerve endings that allow you to fully sense what

is around you.

## 7. Grounding Exercise

There are many proven benefits of grounding, including decreased levels of pain, reduction of stress and anxiety, improved immune system, etc.

1. Find an outdoor area: grass, soil, or anything safe for your feet.
2. Stand barefoot for five to ten minutes
3. Breathing deeply while noticing the feeling of the ground under your feet.
4. Walk barefoot on the ground for another five to ten minutes.
5. Try to incorporate getting your bare feet into nature at least two days a week.

## 8. Breathe Deeply

Take a breath in through your nose, hold for 5 seconds, and breathe out through your mouth. This simple mindful breathing exercise helps reduce your stress level, relieve pain, and increase your energy.

**Apps like [Prana Breath](#), [MindShift CBT](#), [Breath Ball](#), and [Health through Breath](#) can help make breathing exercises easier.**

## 9. Get a Massage

A massage might sound luxurious and self-indulgent, but it is also a self-care necessity.

Massage helps reduce muscle pain and tension, reduce stress, and relax your body.

You can book yourself a massage or you can administer massage on yourself.

## Self-Administered Massage

### Foot Massage

1. Get a tennis or a golf ball lean on a wall for balance.
2. Place the tennis ball under one foot.
3. Slowly roll your foot on top of the ball. Focus on the arch of your foot, your heel, the ball of your foot, and your toes.
4. After one or two minutes, then switch to the other foot.

### Hand Massage

1. Apply a liberal amount of your favorite lotion onto your hands.
2. Using your thumb, rub the palm of the other hand.
3. Pull each finger of your hand gently away from the palm to stretch fingers.
4. Push your hand backwards and press to stretch your wrist.
5. Do the same for the other hand.

## 10. Wear Something Comfortable

Looking good should start with feeling good.

Before buying a piece of clothing, ask yourself the following questions:

Does it fit me comfortably at my current weight?

Does the fabric and zippers/buttons/elastic feel good against my skin?

Can I move comfortably in this clothing?

Does this clothing fit my personality?

## 11. Draw a Bath

If your mind is cluttered from the demands of your day-to-day life and your muscles are sore from all of the physical activities of the day, warm water can alleviate your ailments.

You can add Epsom salts to ease the ache of your sore muscles.

## 12. Soak up the Sun

Sunshine matters a lot, not just to your physical health, but also to your emotional and mental health.

But how sun much is needed?

Researchers have estimated the duration of sunrays exposure required in order to obtain enough vitamin D to be 10 to 20 minutes in spring and summer, and almost two hours in the winter months.

## 13. Drink Enough Water

It's important to keep your body hydrated.



But how much water is enough?

The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake to be about 15.5 cups (3.7 liters) of fluids for men and about 11.5 cups (2.7 liters) of fluids a day for women.

But the amount of water we need to drink each day can vary depending on the physical activity, the weather, having an illness particularly one accompanied by fever, vomiting or diarrhea. You should also keep in mind that food typically accounts for about 20 percent of fluid intake.

Water is also one of the most underrated weight loss methods. One study revealed that drinking 500 ml of water (16.9 oz bottle) increases metabolic rate by 30% in 40 minutes.

Related: [How to Lose Weight Without 'Dieting'?](#)

## 14. Enjoy Some Black Tea

Give yourself a restorative break and drink some black tea. One study shows that daily cups of black tea can help you recover more quickly from the stresses of everyday life.

## 15. Eat Some Happy Food

Happiness can be on your plate too.

It's been proven that some food is responsible for releasing hormones that are responsible for your happiness, and by that, we're not referring to junk food that can leave you bloated or constipated or even distressed for the whole day.

The happiness diet is nutritious, light, help you stay active all day, and keep the sad blues away as well.

- \* Green tea: helps reduce your stress level up to 20%
- \* Raw walnuts: it's rich in magnesium that can help manage symptoms of anxiety and stress
- \* Dark chocolate: the antioxidants in the dark chocolate help lower stress hormone level
- \* ....

Other happy foods include Asparagus, Greek Yogurt, Honey, Cherry Tomatoes, Eggs, Coconut, Red Peppers, Chamomile Tea, Blueberry Juice.

## 16. Beauty Ritual

Create your own beauty ritual to take care of your skin.

If you don't have a beauty ritual in place or are looking for more ideas, you can borrow the rituals and routines listed below and later tweak them to make them your own.

Commit to performing your ritual at least three times a week.

## 17. Don't Skimp on the SPF

It's important to take care of your skin, but it's even more important to protect it. Exposure to UV rays can cause premature aging of the skin and signs of sun damage such as wrinkles, leathery skin, liver spots, etc.

Make sure to wear sunscreen and reapply it every hour or so when you are in the sun.

## 18. Keep Your Healthy Healthy + Strong

The best way to approach a haircare routine is to make sure that your scalp is healthy and that your hair is protected.

## SCALP CARE

Try to limit washing your hair to two to three times a week to allow the production of the natural oils that keep your scalp healthy.

Once a week, exfoliate your scalp to stimulate it, remove buildup, and let new hair grow in a healthy scalp.

For that you can use a silicone scalp-massaging shampoo brush or a simple at-home exfoliating scrub (one part raw cane sugar, three parts conditioner and a few drops of tea tree oil).

## HAIR CARE

Invest in a good shampoo and conditioner made for your hair type.

Make sure they're hypoallergenic and fragrance-free to avoid irritation.

If you use heat to style your hair, add argan oil to your post-heat routine.

### 19. Get a Restful Sleep

Going to bed early isn't enough to wake up energized and well-rested. The quality of your sleep matters, too.

To improve the quality of your sleep, try implementing an easy, enjoyable bedtime routine. Anything from reading for a few minutes to taking a long bath, or meditating. Try to go to bed at the same time every night. Stop consuming caffeine six hours before going to bed and turn off electronic devices an hour before bed time.

## INTELLECTUAL SELF-CARE

## 20. Get Creative

Embrace your creative side and try hobbies that inspire you like painting, pottery, coloring, writing, knitting, etc.

## 21. Make Reading a Daily Habit

Try to spend at least 30 minutes a day reading something unrelated to your job or studies.

One study found that 30 minutes of reading lowered blood pressure, heart rate, and feelings of psychological distress just as effectively as yoga and humor did.

## 22. “Reading” With Your Ears

Audiobooks are a great way to increase your knowledge on the go.

You can listen to audiobooks while driving, walking, working out, doing house chores, etc.

## 23. Make a Priority List

If you feel overwhelmed and your to-do list is growing longer, it's time to make a priority list. Take a survey of your life and make note of different plans and projects that are half-finished. Decide which ones you need to complete and which ones can wait.

This will boost your productivity and help you get things done, but also will ease the stress.

## 24. Create a Vision Board

A vision board is a visual representation of the dreams and goals.

It's a powerful tool that helps motivate you and focus your mind on achieving your desires.

1. Meditate for a few minutes while imagining in vivid details the things you want in your life (day-to-day routine, career, social life, love life, etc.)
2. Flip through magazines or search on the internet for pictures and words that fit your vision.
3. On a bulletin board or poster board, attach the pictures you've collected.
4. Put your vision board where you can see it every day.

## 25. Music

Music has the power to shift your mood and improve your memory and cognitive function.

Create a playlist of music that brings you joy and soothes you.

## 26. Journal

A journal is a safe place for you to work through your feelings, without judgments or criticism. It can serve as a confidant and guide.

Research shows that expressing your feelings on paper helps reduce your stress levels.

You start exploring your feelings by writing them in your journal. It may be the pain of disappointment, loss, grief – anything that hurts you.

Writing about your pain may bring tears. This is a sign that you've hit a turning point and that continuing to write will help you open your heart and heal your wounds.

Many of us have learned to swallow our pain. Practicing journal writing consistently will help undo the self-censorship habit.

## 27. Keep A Gratitude Journal

Gratitude can be an instant mood-booster.

1. Every day, write down something you are thankful for.
2. Find more ways to express your gratitude to people around you.

## 28. Track Negative Thoughts

Negative thoughts have a way of dragging you down into the dumps.

Challenging these negative thoughts and replacing them with more positive ones is one great act of self-care.

1. Each time you catch yourself dwelling on a negative thought, look for evidence that suggests that the negative voice is inaccurate or too extreme.
2. Imagining what you would say to a best friend who is in the same situation.
3. Remembering someone from your past or present who is supportive to you, and imagine them responding to your negative statements.

# 29. Empower Yourself By Changing Your Vocabulary

When facing life challenges, we have two options, we either approach life from a position of power, or we approach it from a position of pain.

To move from pain to power, you need to change your vocabulary, replacing any destructive words you might be using with empowering ones have a powerful impact on the quality of your life.

For example, "I can't" implies that you have no control over something, whereas "I won't" makes the situation under your control and implies simply that it's your choice that you won't do it.

Destructive words	Empowering words
I can't I should It's a problem Life is a struggle It's not my fault What if?	I won't I could It's an opportunity Life is an adventure I'm fully responsible I can handle it

# 30. Focus On Forgiveness

Holding onto grudges is like drinking a poison and expecting the other person to die.

Research links lack of forgiveness to anxiety and depression. In one study, stress diminished when participant thought about forgiveness.

1. Think about someone you are feeling hurt by or disappointed in.

2. Write a letter to this person, visualize a conversation with them or write down everything you wish you could tell them.

It is okay if you decide not to send it, forgiveness isn't about letting someone off the hook. It is about finding peace.

## 31. Try Minimalism

Clutter can overwhelm your mind and increase your stress.

If you find yourself feeling claustrophobic in your home and that there's not much room to move around, maybe it's time to consider decluttering your place.

## 32. Make Your Home Your Haven

Your home is your shelter, where you feel most protected and where you recharge after a long day. Take the time to make your home comfortable and cozy.

Here are a few things you can do to get your home a step closer to Zen:

- \* Buy non-toxic, scented candles
- \* Add comfortable pillows and throws to create a cozy atmosphere.
- \* Get dimmable lighting to control the mood of a space.
- \* Use a diffuser with your favorite essential oil.

Related: Feng Shui: 85 Easy Tips for Prosperity and Happiness

## 33. Adopt Some Plants



Studies reveal that plants has many positive impacts on our mental and physical health such as improving air quality and humidity levels, reducing stress, making people calmer and happier, reducing workplace negativity, speeding up recovery from illness, improving concentration, productivity and creativity, and the list goes on.

Spend as much time in nature as you can and try brining nature to you. Get yourself a houseplant, or start a window herb garden. Try common herbs like basil, chives, cilantro, oregano, or parsley that you can use to prepare your meals.

### 34. Go on a Digital Detox

A great way to purposefully give yourself a break from the stressful fast pace of our world, is to unplug digitally as often as possible.

But putting your phone down isn't just important for your mental health.

Putting your phone or computer away one hour before sleep will help improve the quality of your sleep.

And when going out with friends or spending time with loved ones, putting your phone down will make you pay more attention to others and actually enjoy their company.

## EMOTIONAL SELF-CARE

## 35. Affirmations

An affirmation is a positive statement, written or spoken, that replaces patterns of negative thinking with patterns of positive thinking.

The more you repeat positive affirmations to yourself, the more you will improve your mood, boost your confidence, and elevate your outlook.

### Self-Love Affirmations

I am worthy of love.

I deserve to be loved and treated with respect.

I am loved for exactly who I am.

I deserve love and I open my heart to it.

I am worthy of a healthy and loving relationship.

I am loved more than I ever thought possible.

Love surrounds me and everyone around me.

When I look in the mirror, I see pure love.

Love is unlimited.

When I wake up, my first thoughts are thoughts of love.

I am overwhelmed with love!

I accept love from myself.

I am at peace with where I am right now.

I accept myself unconditionally.

I radiate confidence, love, and joy.

#### **How to use affirmations?**

Say it. Say the affirmation confidently and with conviction at least twice a day.

Write it. Write your affirmation over and over again.

Post it. Write your affirmation on sticky notes and place them when you can see them every day (bathroom mirror, car dashboard, desk, refrigerator, etc.)

Hear it. Record yourself saying the affirmation and play the recording when you're sitting in silence or driving in your car.

## 36. Setting Boundaries

A boundary is the line you draw for yourself as to what you will and will not tolerate or accept in your life.

Setting healthy boundaries is essential, not just for your well-being, but also for maintaining healthy relationships.

Before setting boundaries, you need to believe the following statement: "I deserve respect."

Repeating that statement and doing the following exercise will help solidify your boundaries.

Make two lists of "Safe" and "Unsafe" activities and people.

### **The safe list might include:**

People that make you feel emotionally safe

A book that gets you to your "good place."

A song that resonates with you.

Types of clothing that you like to wear.

The amount of money that makes you feel financially secure.

The values you want to live on

### **The unsafe list might include:**

Things people do that make you feel disrespected

Values that go against your own

People who are toxic to you  
Addictions you struggle with

Having clear lists will help you focus on what makes you feel safe and steer away from what doesn't.

## 37. Just Say No

Many people struggle with saying "No" to other people's demands, whether it was to please others or simply out of generosity. By not setting healthy boundaries, you risk burning out.

If you're afraid people might disapprove, then that means one of two things:

\* They are not emotionally healthy people. They don't know how to set boundaries themselves and so they are incapable of recognizing and respecting others' boundaries.

\* They don't respect you or your value system.

## 38. Check In on Your Emotions

When you're constantly moving from one thing to the next, you might not make the time to check in on your emotions.

It's important to check in with yourself as often as possible. Do you feel tired? Stressed? Overwhelmed? If so why do you feel this way and how can you take better care of yourself.

## 39. Get a Good Laugh

Studies show that laughter can be a great stress buffer. It doesn't matter how intense the laughter is — even smiling helps.

Not only does laughter reduce stress hormones in your body, but it also releases endorphins – the body's feel-good chemical.

## SOCIAL SELF-CARE

Social self-care is about nurturing your need for connection with other people. It involves taking care of existing relationships and friendships, creating new ones, and establishing healthy boundaries in relationships.

## 40. Create a Social Self-Care Plan

Spend some time getting clear on how you want your social life to look like:

1. List the safe people with whom you want to spend more time with.
2. Looking at your month's calendar, select two or three dates and times you would be willing to set aside to do something together with these people.
3. Share your plans with them and stay flexible. If they don't reach out or are not available, consider alternate dates or reaching out to different people.

## 41. Hide A Love Note For Someone Special

It can be something as simple and heartfelt as "I love you," or a favorite quote or poem.

Pin it to their pillow or post it on the bathroom mirror.

## 42. Ask For Help

Receiving is a skill that can be learned and strengthened. It helps you bring more balance into your life and relationships.

One of the main reasons why people struggle to receive is either because they don't believe they deserve to ask for what they need, or because they don't know exactly what they need, or both.

Connect with your deepest desires and practice assertiveness in asking for what you need.

If you're struggling to receive love and support from your loved one, read this post: [\*\*7 Steps to Open Up and Start Accepting Loved and Support\*\*](#)

## SPIRITUAL SELF-CARE

### 43. Meditation

Meditation is not about having a completely clear or empty mind.

Meditation is about mindfully acknowledging your thoughts as they arise and consciously shifting your focus back to your breathing.

Creating a distance between your thoughts and your attention can help you understand your own motivations, desires and help clear your head.

Some of the best indicators of the emotions we're experiencing are our physical signals. By tuning in to your physical sensations, you can develop greater awareness of your emotions.

1. Take a few moments to be still and enter the world of being rather than doing.
2. Begin this exercise by focusing on your breath and feeling into your body and mind and simply allowing any thought, emotion, or physical sensation to just be.
3. You don't need to judge, analyze, or figure things out. Spend about three minutes simply checking in with yourself.

Apps like The Mindfulness App, Headspace, Calm, and buddhify can help introduce you to mindfulness and silent meditations.

## 44. Manifestation

Manifestation is using your emotions, belief system, and visualization to bring something into your physical reality.

For example, manifesting a job could look like this:

I WANT a new job.

I know exactly the kind of job I want.

I can SEE myself doing this job in vivid detail.

I put my thoughts and energy toward manifesting that job in my life.

I find an opening searching on the internet, and it sounds like the perfect fit.

I submitted my resume, got an interview, and went into the interview believing the job would be mine.

I got the JOB!

## 45. Become More Patient

Patience is a skill that takes practice. When you become more patient with others, situations, and yourself, you become more peaceful. This helps you manage stress better and enjoy your life more.

## 46. Spread Kindness

Kindness is contagious, it has been proven that performing an act of kindness can help lift your mood and boost your self-esteem. It doesn't have to be a life-changing thing, a compliment or a smile can make someone's day and that's more than enough.

## 47. Pray

Praying isn't just about pouring your heart out. You need to also remember to thank your Creator for all of the blessings in your life as well.

Prayers of gratitude help you raise your awareness on all of the love and support that are already present in your life.

## 48. Visit a Peaceful Place In Your Mind

Studies on imagery have proven that the practice can help reduce symptoms of depression, anxiety, and stress, and improve immunity.

In fact, research using imaging studies of the brain has shown that by imagining a scene, your brain and body respond as if the scene is actually happening.



1. Find a quiet space where you won't be interrupted for 15 minutes.
2. Take a few deep, calming breaths, breathing in through your nose and exhaling through your mouth, inviting tension to release with each exhalation.
3. Allow an image to come to mind of a peaceful place. It might be real or imaginary. It might be a beach, a forest, a river—wherever you feel drawn.
4. Look around and sense this place. Notice the light and colors. Feel the temperature of the air on your skin. Notice any sounds, any smells. Take the next few minutes to relax there.
5. If your mind gets distracted with stories about what you need to do, gently, bring your focus back to your breathing.
6. As you rest here, notice how your body feels.

## 49. Forgive Someone

Forgiveness might seem like a tall order, especially when the hurt is so deep and fresh. But reminding yourself that forgiveness is really about you and your peace of mind rather than the person who "done you wrong," can help you forgive more easily.

Forgiveness is not about whether or not the other person deserves to be forgiven.

Forgiveness is about escaping the prison your feelings of anger and resentment have created for you.

Forgiveness is not about relieving others from their guilt. It is about releasing toxic emotions that are no longer serving you.

## **Empty Chair Technique**

The empty chair technique was invented by Fritz Perls, the famous creator of Gestalt therapy.

This technique was proven to be effective to release feelings of anger or resentment toward someone you don't know how to communicate with, or who isn't willing to listen to you.

The technique is a role-play where you are to play both roles. You run a dialogue and then react to what you have said.

1. Think about the person you want to forgive.
2. Set an empty chair in front and imagine the person sitting on it.
3. Take a moment to visualize that person – his/her facial expression and body language.
4. Think about your feelings towards this person and what you would like to tell him.
5. Express everything that's inside of you. But try to focus on expressing your own feelings rather than judging or blaming the other person.
6. Stand up and sit on the other chair. Imagine being the other person and consider how that person might respond to what you said and continue the dialogue until "you two" say everything there is to say.

You might find this uncomfortable at the beginning, but go through with it, and repeat the exercise until you feel better.

# How Can You Practice Self-Care Every Day Even When Time Is Hard to Find?

## 1. Create Rituals

The key to permanent change is repetition and consistency and the best way to insure that is through rituals.

### Morning Ritual

Wake up thirty minutes earlier (or even twenty) and start a mood- and energy-boosting ritual. That might include:

Stretching

Meditation

Practicing deep breathing

Yoga

A refreshing beverage

Reading a few pages

Listening to an audiobook

Journaling

Reading affirmations

A morning skincare routine

Etc.

### Evening Ritual

Give yourself another twenty to thirty minutes before bedtime for an evening ritual to help you slow down, soothe and relax yourself, and prepare you to a restful night of sleep. That might include:

Stretching before bed to relax your muscles

Meditating to clear your head

Having a soothing beverage like chamomile tea  
Doing your evening skincare routine  
Writing in your gratitude journal  
Etc.

## 2. Find Opportunities In Delays

you can turn delays into opportunities by using that time to practice self-care activities.

If your train trip is delayed, your doctor is running behind on appointments, or your friend is late for lunch, you can turn delays into opportunities by using that time to practice self-care activities.

Read a book  
Read your favorite blogs  
Listen to an audiobook  
Call or text a loved one  
Enjoy the quiet time  
Ect.

*Want More Ideas to Relax and Take Care of Yourself?*

**[35 Easy Ways to Relax: Beat Stress in as Little as Five Minutes](#)**

## Affirmations

I am becoming a magnet for joy!  
I'm ready to welcome more joy into my experience.  
I am open to being happier than ever before.  
I can always find new opportunities to enjoy.  
I honor the hard times that help me appreciate the happy ones.  
I actively choose thoughts that please my mind and soothe my soul.  
I give myself permission to be happy.  
Happiness comes naturally when I let go of what no longer serves me.  
My relationships are a source of true fulfillment and delight.  
I make time for happy moments throughout the day.  
I owe it to myself to find out what makes me happy.  
Well-being is a top priority for me.  
I choose to embrace the little things that bring me joy!  
I'm trading my worry for faith.  
I let laughter be my medicine.  
Happiness begins with me!  
I'm opening the door to new possibilities for joy.  
My needs are valid.  
I am living the best version of myself.  
I choose optimism.  
My stream of well-being is infinite.

# Self-Care

## Check-In

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Take a nap  
Read a book  
Cuddle a pet  
Drink some tea  
Put on a face mask  
Listen to a podcast  
Take a bubble bath  
Write a gratitude list  
Declutter your home  
Spend time in nature  
Catch up with a friend  
Listen to an audiobook  
Watch a favorite movie  
Take a few deep breaths  
Cook your favorite meal  
Listen to soothing music  
Light an aromatic candle  
Dance like no one is watching