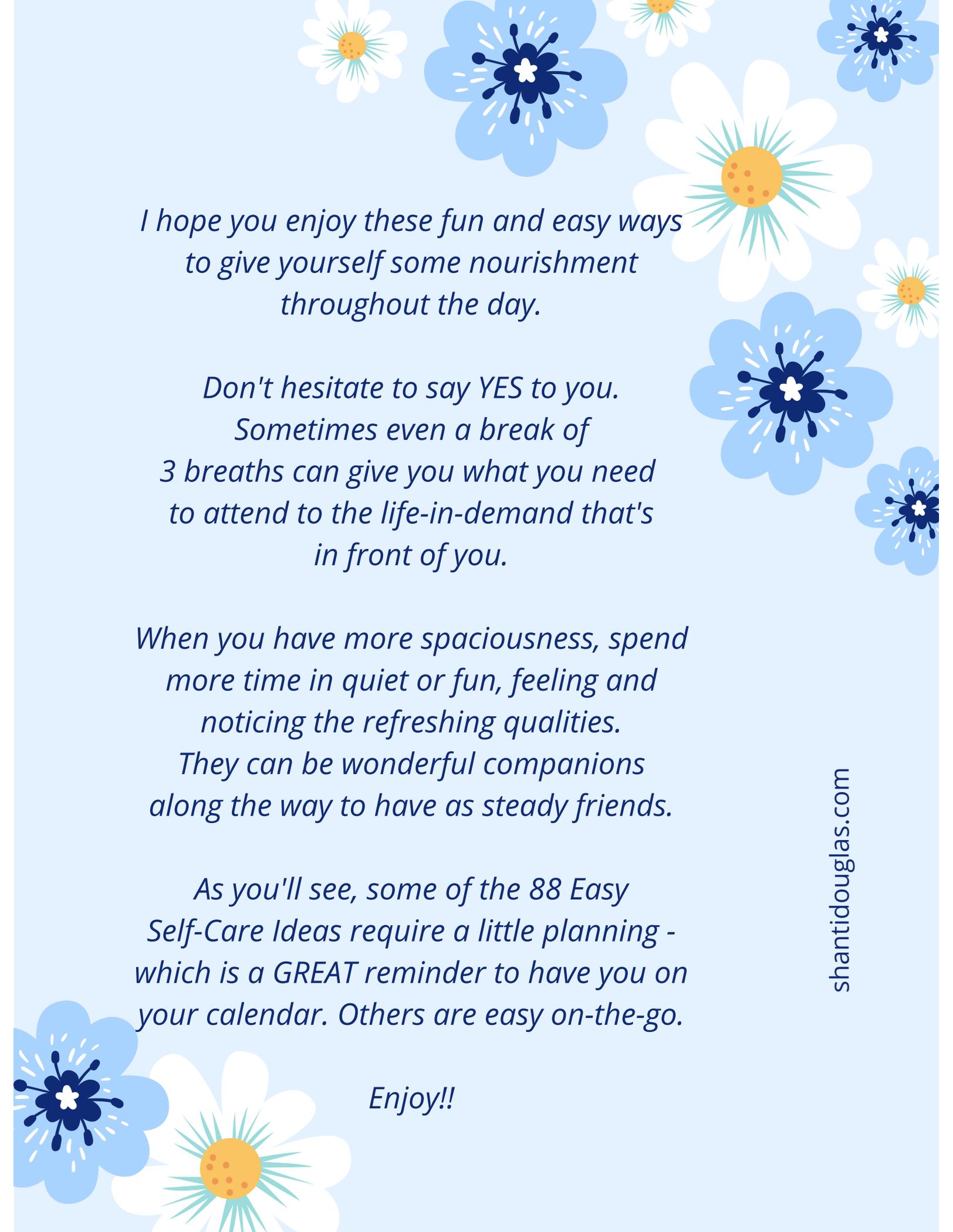




88 EASY SELF-CARE IDEAS

*Have fun feeling
refreshed and at ease.
You deserve it!!*



*I hope you enjoy these fun and easy ways
to give yourself some nourishment
throughout the day.*

*Don't hesitate to say YES to you.
Sometimes even a break of
3 breaths can give you what you need
to attend to the life-in-demand that's
in front of you.*

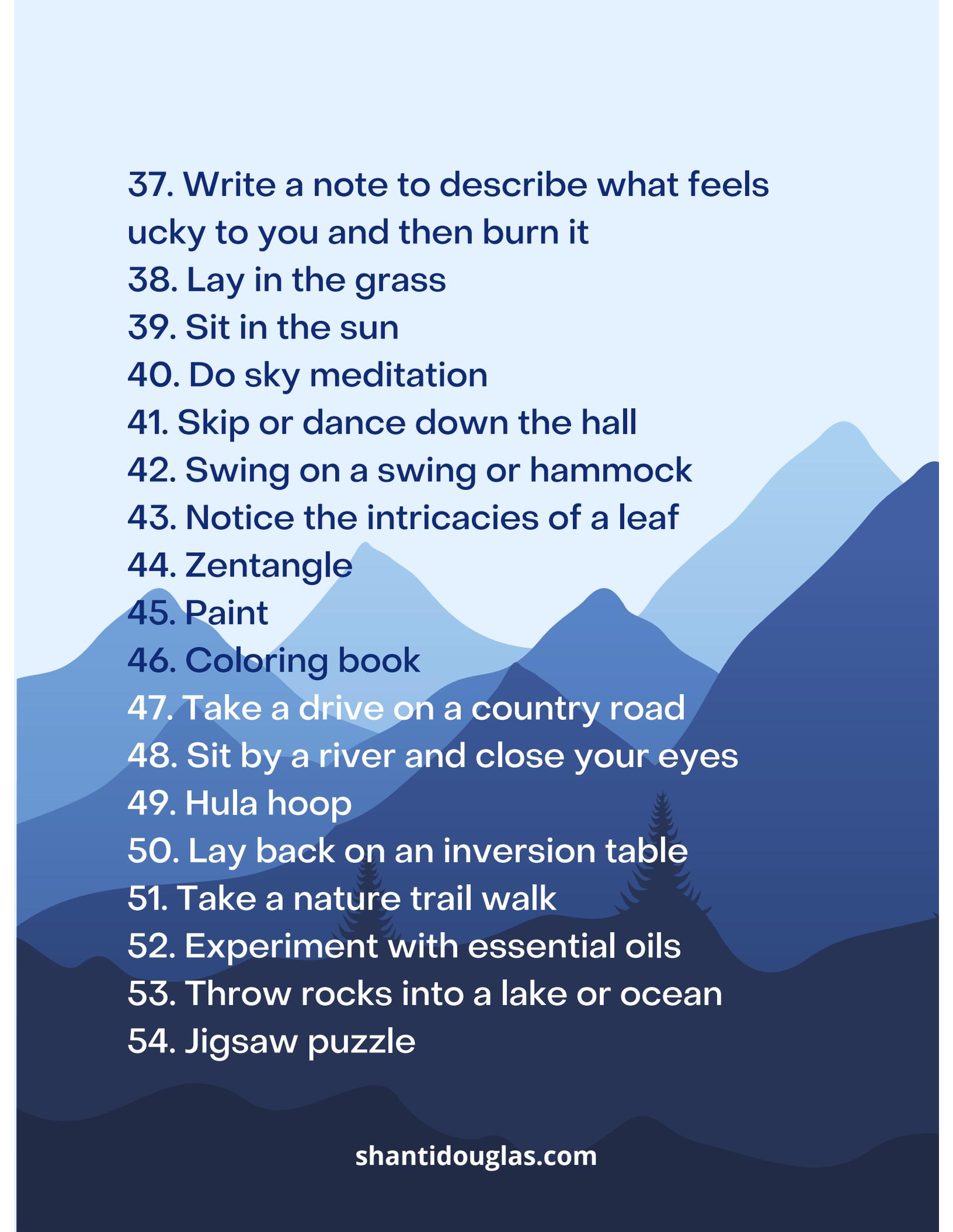
*When you have more spaciousness, spend
more time in quiet or fun, feeling and
noticing the refreshing qualities.
They can be wonderful companions
along the way to have as steady friends.*

*As you'll see, some of the 88 Easy
Self-Care Ideas require a little planning -
which is a GREAT reminder to have you on
your calendar. Others are easy on-the-go.*

Enjoy!!

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1. Journal
 2. Meditate
 3. Doodle
 4. Express yourself by singing
 5. Play a musical instrument
 6. Take a walk in nature
 7. Have tea with a tree
 8. Look at a picture of yourself and send love
 9. Call or text a friend
 10. Read a book
 11. Drink some water
 12. Write down everything that hasn't sucked today
 13. Play solitaire with real cards
 14. Listen to music
 15. Hang out with your pet
 16. Yoga pose *legs up wall*
 17. Meet a friend for coffee
 18. Bubble bath

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19. Change into your favorite clothes
 20. EFT – Emotional Freedom Technique
 21. Get a massage
 22. *Body Groove* dance
 23. Mindfully enjoy a healthy snack
 24. Take a long shower
 25. Make a craft out of paper
 26. Go somewhere without your phone
 27. Smell spices and herbs
 28. Add an item to a clothes donation pile
 29. Wander the shops downtown
 30. Record affirmative self-talk in your own voice
 31. Speak with a foreign accent
 32. Scream in a pillow
 33. Pick up sticks in the yard
 34. Swim or float in water
 35. Do any type of movement
 36. Water the plants

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37. Write a note to describe what feels lucky to you and then burn it
 38. Lay in the grass
 39. Sit in the sun
 40. Do sky meditation
 41. Skip or dance down the hall
 42. Swing on a swing or hammock
 43. Notice the intricacies of a leaf
 44. Zentangle
 45. Paint
 46. Coloring book
 47. Take a drive on a country road
 48. Sit by a river and close your eyes
 49. Hula hoop
 50. Lay back on an inversion table
 51. Take a nature trail walk
 52. Experiment with essential oils
 53. Throw rocks into a lake or ocean
 54. Jigsaw puzzle

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55. Hug yourself
 56. Look in the mirror and make funny faces
 57. Look in the mirror and tell yourself how FANTABULOUS you are!
 58. Wash your face
 59. Put on some lipstick
 60. Look for your favorite color in the room you're in
 61. Stretch
 62. Smile
 63. Give a micro-loan at Kiva.org
 64. Roll a tennis ball under your feet
 65. Make your bed
 66. Sage your space
 67. Light a candle
 68. Do slow walking meditation
 69. Paint rocks with positive messages
 70. Have a healthy snack
 71. Lotion your hands or body
 72. Brush your teeth

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73. Take 3 deep slow breaths
 74. Imagine you're at your favorite place
 75. Notice the senses right now: sight, sound, smell, touch, taste
 76. Play in the garden
 77. Make a fun plan for the weekend
 78. Brush your hair
 79. Write down 5 words you'd like to feel in this moment
 80. Take a cat nap
 81. Paint toes or fingernails
 82. Count backwards from 100
 83. Make a card for someone you care for
 84. Sit in the sun
 85. Sing
 86. Write down things that you were scary or uncomfortable but you did them anyways
 87. Listen to the radio
 88. Write a Haiku



88 EASY SELF-CARE IDEAS

*I hope you enjoy each and every one of the
88 Easy Self-Care Ideas.*

*If you're up for a Self-Care Challenge, do every
single one of them - FUN! And make sure to
reach out to me and let me know how it went.*

*I'd love to hear about your inspiring
experience on this path of well-being and
self-love.*

*Feel invited to reach out with questions,
comments, ideas, and anything else related to
reducing stress and increasing resilience and
self-love.*

*Much Peace to you,
Shanti*

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