

## 70 Self-nurturing activities

1. Enjoy a long, warm bubble bath
2. Go for a walk
3. Hug someone you love
4. Relax outside
5. Exercise -- weight training or aerobically
6. Listen to your favorite music
7. Pray
8. Attend a support group
9. Practice your relaxation breathing
10. Do stretching exercises
11. Reflect on your positive qualities, "I am..."
12. Watch the sunrise/sunset
13. Laugh with a friend
14. Concentrate on a relaxing scene
15. Make a collage representing the "Real Me"
16. Reflect on, "I appreciate..."
17. Write your thoughts and feelings in a personal journal
18. Attend a favorite sporting event
19. Do something adventurous (e.g., skydiving, rappelling)
20. Read a special book or magazine
21. Sing/hum/whistle a happy tune
22. Swing/slide/teeter totter -- with or without a child
23. Play music -- alone or with friends
24. Meditate
25. Work in the garden
26. Learn something new
27. See a special play, movie or concert
28. Ride a bike or motorcycle
29. Make and eat a nutritious meal -- or eat a good meal at a favorite place
30. Draw, paint or sculpt with clay
31. Relax in a pool/on the beach
32. Dance!
33. Visit a special place you enjoy
34. Smile and say, "I love myself."
35. Take time to smell the roses -- and other things you enjoy!
36. Imagine yourself achieving your dreams
37. Go horseback riding
38. Reflect on your most enjoyable memories
39. Enjoy a relaxing nap
40. Visit a museum or art gallery
41. Practice yoga
42. Relax in a whirlpool or sauna
43. Enjoy a cool, refreshing glass of water or juice
44. Enjoy the beauty of nature
45. Count your blessings, "I'm thankful for..."
46. Play as you did when a child
47. Gaze at the stars
48. "Window shop"
49. Daydream
50. Tell yourself the loving words you want to hear from others
51. Attend a special workshop
52. Go sailing or boating
53. Reward yourself with a (small) special gift
54. Take a trip or vacation
55. Practice your positive affirmations
56. Pet an animal
57. Watch your favorite tv show
58. Reflect on your successes, "I have...", "I am..."
59. Write a poem expressing your feelings
60. Make a bouquet of flowers
61. Lay down and watch the clouds
62. Make yourself something nice
63. Read positive, motivational literature
64. Reflect on what you value in life
65. Phone or visit a special friend
66. Go on a picnic in a beautiful setting
67. Enjoy a cup of herbal tea or decaf coffee
68. Play a favorite sport
69. Practice the art of forgiveness (of self and others.)
70. Create your own list of "self-nurturing" activities