

# Self Care Ideas

- Make yourself a priority! Give yourself at least a few minutes a day for self care.
- Have Self Compassion with yourself (If you wouldn't say it to a friend, do NOT say it to yourself.)
- Set goals
- Meditation: Mindfulness/Read Scriptures & spend time with God
- Painting/drawing/writing
- Focus on deep breathing exercises: while exhaling, count to 20, and do the same while inhaling. Relax your diaphragm and focus on your chest going in and out..
- Exercise: walking or join a gym
- Reading
- Allow yourself to rest
- Take a bath
- Listen to fun music
- Laugh: go to a comedy club, watch a funny movie, read a funny book, or do anything else that will make you laugh.
- Drink chamomile tea, use lavender oil (pillows, etc)
- Spend time with loved ones (family & friends)
- Get a massage
- Chew gum
- Ask for a hug

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