

50 WAYS TO PRACTICE SELF CARE

@BELIEVEPHQ

- 01 WRITE DOWN YOUR THOUGHTS 
- 02 TAKE A SOCIAL MEDIA BREAK 
- 03 MEET UP WITH A FRIEND 
- 04 GET A GOOD AMOUNT OF SLEEP 
- 05 ASK FOR HELP 
- 06 LOOK AFTER YOUR MENTAL HEALTH 
- 07 BUILD YOUR RESILIENCE 
- 08 STAY IN THE PRESENT 
- 09 DRINK WATER REGULARLY 
- 10 ORGANISE YOUR TIME 
- 11 PLAY A GAME OR PUZZLE 
- 12 CHALLENGE NEGATIVE THOUGHTS 
- 13 BE AWARE OF YOUR FEELINGS 
- 14 EAT YOUR FAVOURITE MEAL 
- 15 JOIN AN EXERCISE CLASS 
- 16 GO TO THE MOVIES 
- 17 STAY POSITIVE 
- 18 BUY SOMETHING NICE 
- 19 LAUGH OUT LOUD 
- 20 TRY OUT SOME YOGA 
- 21 TEXT A FRIEND 
- 22 BE KIND TO YOURSELF 
- 23 WATCH A TV PROGRAMME 
- 24 PRACTICE MINDFULNESS 
- 25 REST 
- 26 GET A MASSAGE 
- 27 SET GOALS YOU WANT TO ACHIEVE 
- 28 LOVE YOURSELF 
- 29 GO OUTSIDE WHEN YOU CAN 
- 30 SMILE MORE 
- 31 CONNECT WITH YOUR FAMILY 
- 32 BOOK A HOLIDAY 
- 33 TREAT YOURSELF 
- 34 PERFORM A KIND ACT 
- 35 START A GRATITUDE DIARY 
- 36 LISTEN TO RELAXING MUSIC 
- 37 READ A BOOK 
- 38 DRAW OR PAINT SOMETHING 
- 39 HAVE A BATH 
- 40 GO FOR A WALK 
- 41 COOK A MEAL 
- 42 LEARN DEEP BREATHING 
- 43 LEARN SOMETHING NEW 
- 44 MEDITATE DAILY 
- 45 EXERCISE REGULARLY 
- 46 UNPLUG FROM TECHNOLOGY 
- 47 HELP SOMEONE 
- 48 HAVE A NAP 
- 49 EAT A WELL BALANCED DIET 
- 50 VOLUNTEER 