

# 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

