



SELF-CARE IDEAS

PHYSICAL SELF-CARE IDEAS

1. Develop a regular sleep routine.
2. Go for a walk at lunchtime.
3. Aim for a healthy diet.
4. Participate in a YouTube exercise class.
5. Turn off all electronics one hour before bedtime.
6. Try a new recipe.
7. Use the [Couch to 5K](#) plan to start exercising.
8. Take a shower or bath regularly.
9. Plant a garden.
10. Change your bed sheets.
11. Breathe in slowly, count to 5; hold your breath, count to 5; breathe out slowly, count to 5.
12. Set an alarm to stand up and stretch several times during the workday ([Pomodoro Technique](#) helps!).
13. Use your sick leave.
14. Turn on the music and dance.
15. Complete your annual physical.
16. Take all your makeup off before bed.
17. Take lunch breaks.
18. Create a regular morning schedule (i.e. alarm, shower, breakfast, exercise, start working).
19. Take all medications as prescribed.
20. Do yoga (for a fun twist, try [laughter yoga!](#)).
21. Take a bubble bath.
22. Set a 20-minute timer to clean and pick up as much as you can in a focused period.
23. Take a nap.
24. Rest.
25. Drink 8 glasses of water a day.

SOCIAL SELF-CARE IDEAS

1. Hug someone for 20 seconds.
2. Set and hold boundaries with unhealthy relationships.
3. Have a conversation with someone who thinks differently from you.
4. Prioritize close relationships in your life (e.g. with partners, family, friends, and children).
5. Limit social media.
6. Identify if you are more of an introvert or extrovert and engage in practices accordingly.
7. Unplug from devices for a set period.
8. Volunteer.
9. Say "no" to someone.
10. Attend the special events of your family and friends.
11. Snuggle with your pet.
12. Take some time by yourself weekly (and if you need to, schedule it!).
13. Set an alarm to leave work on time.
14. Call a friend.
15. Join a recreational sports league.
16. Enjoy a lazy morning in bed to recharge.
17. Ask for help.
18. Write a list of people that help you feel supported and loved. Keep this list nearby when you need a pick-me-up and reach out to one of these people.
19. Make a new friend.
20. Put your phone on "do not disturb."

SPIRITUAL SELF-CARE IDEAS

1. Engage in meditation (if helpful, utilize phone apps such as [Headspace](#), [Insight Timer](#), and [Calm](#))
2. Read your bible.
3. Go for a hike.
4. Join a small group or bible study.
5. Go to church (virtually or in person).
6. Pray daily.
7. [Color a mandala](#).
8. Reflect with a close friend for support.
9. Attend a spiritual experience where you do not serve as a leader, only a participant.
10. Read a devotional or spiritual book.
11. Watch the sunrise or sunset.
12. Find a spiritual director.
13. Practice regular sabbath.
14. Pray with others.
15. Conduct a random act of kindness (or [holy mischief!](#))
16. Lie down in the grass and stare up at the clouds.
17. Start a daily gratitude journal.
18. Find a pastoral mentor or clergy coach.
19. Walk a labyrinth.
20. Engage in the [Daily Examen](#).
21. Join a group of peers - ACE group, lectionary group, RIM group, cluster group, etc.
22. Listen to worship music.

EMOTIONAL SELF-CARE IDEAS

1. Reflect and journal.
2. Engage in a non-work hobby.
3. Turn off your email and work phone outside of work hours.
4. Write a list of positive affirmations and then say them out loud.
5. Make time for relaxation.
6. Practice naming your feelings (if you need a place to start, use the [feelings wheel!](#)).
7. Read a book.
8. Schedule [worry time](#).
9. Practice [self-compassion](#).
10. Practice [Progressive Muscle Relaxation \(PMR\)](#).
11. Laugh.

12. [See a therapist regularly](#).
13. Take mental health medication as prescribed.
14. Set specific work start and end time.
15. Practice a grounding technique (name 5 things you see, 4 things you feel/touch, 3 things you hear, 2 things you smell, 1 thing you taste).
16. Yell at the top of your lungs.
17. Attend substance-based support groups (i.e. [Alcoholics Anonymous - AA](#), [Cocaine Anonymous - CA](#), [Narcotics Anonymous - NA](#), [family and child support groups - AI-Anon/Alateen](#), [Celebrate Recovery- CR](#); complete list linked [HERE](#))
18. Develop friendships that are supportive.
19. Write three good things that you did each day.
20. Let yourself be sad.
21. Challenge your negative thinking.
22. Watch a lighthearted movie or do something else you enjoy.
23. Create boundaries on news intake.
24. Write a letter to someone you care about that says what you wish you had told him/her.
25. Join a support group (i.e. grief group, anxiety support group).
26. Keep meeting with your social group (book club, parent group, trivia group, etc.).
27. Take it out on [John Wesley](#).
28. Talk to a friend about how you are coping with work and life demands.
29. Utilize all your vacation days.
30. Cry.
31. Create an end-of-work-day decompression and transition routine (i.e. change clothes, go on a run, pray when leaving your office, sing along to your favorite song, shake the day off).
32. Write a love letter to yourself.
33. Do something hard you've been putting off.