

Self care checklist

How many of these ideas can you do?

Most of them are free and all them will help you feel a bit better about things.

- Stay in touch with people who support and nurture you.
- Say no to something and stick to it.
- Have a nap, 20 minutes is a good time for most people.
- Do something differently. Wear your hair up instead of down, move a chair, take a different route when you go out.
- Make something. Tear up some magazines and make an abstract collage. Or check YouTube for a tutorial for cooking or making something new.
- Remember to breathe. In and out, slowly and from your tummy.
- Do the dishes at the end of the day because it is nice waking up to a clean sink.
- Make your bed in the morning so it is ready for you later.
- Have a holiday at home and visit a tourist site.
- Gaze at the rain, clouds or wind in the trees.
- Spend some time looking into the flame of a candle.
- Go out for a coffee, take a flask and sit in a nice park if it is a warm day.
- Sing something for fun.
- Dance as badly as you can.
- Check the night sky for planets and shooting stars.
- Notice the beauty in nature.
- Be mindful with mundane tasks like washing dishes.
- Give yourself time away from your phone so you are not on call.
- Leave a review for a company or service you like.
- Be grateful for something.
- Donate your time, money or clutter to a cause you support.
- Try to do nothing for at least 5 minutes.
- Clean your teeth, floss and mouthwash if you need.
- Clean your face properly and spend some time massaging in moisturiser.
- Brush your hair with affection for it.
- Iron your clothes, it feels good to wear things that are well cared for.
- Send someone a postcard just saying hello.
- Smile at strangers until one smiles back.
- Eat something that will nurture you.
- Ask for help and accept it when you get it.
- Be nice to shopworkers, receptionists and call operators. You have the power to make their day good.
- Visit a museum or park.
- Listen to relaxing music.
- Plant something or buy some flowers.
- Take your shoes off and feel the floor.
- Find an old classic comedy on YouTube.
- Watch a film you know has a happy ending.
- Wear something you normally keep for special occasions.
- Soak your feet in warm soapy water.
- Have a long bath, with Epsom salts if you are achy or bubbles if you want to feel luxurious.
- Make a facemask. Oats, avocado, banana, yoghurt... All these things make good facemasks and force you to be still for 10 minutes.
- Read a book you loved when you were a child.
- Give yourself a manicure or a pedicure, or both.
- Plan a comfort meal. Something that is easy to cook and makes you feel good.
- Stretch wherever you are. Flex your feet, turn your head, shrug your shoulders.
- Drink some water. Flavour it with fruit if you want. Dehydration can make us feel low and tired.
- Unfollow people who bring you down on social media.
- Give yourself a compliment you gorgeous human!
- Notice stress in your body so you can try to relax it.
- Lie flat on the floor and listen to what is going on around you.
- Listen to a podcast or audiobook.
- Schedule in time for yourself and make it a priority.
- Turn off notifications, beeps and flashing lights.
- Be silly.