

Self-care strategies

SELF-CARE ACTIVITIES

PERSONAL	SOCIAL	PROFESSIONAL SUPPORT
<p>Taking a bath</p> <p>Getting a massage</p> <p>Applying body lotion</p> <p>Getting a manicure or pedicure</p> <p>Getting a haircut</p> <p>Exercising</p> <p>Practising yoga</p> <p>Going for a walk</p> <p>Eating a good meal</p> <p>Eating a favourite food</p> <p>Lighting candles</p> <p>Sipping tea</p> <p>Keeping a journal</p> <p>Gardening</p> <p>Watching a movie</p> <p>Doing a relaxation exercise</p> <p>Reading a good book</p> <p>Listening to music</p> <p>Playing music</p> <p>Doing art</p> <p>Building or constructing something</p> <p>Getting regular and sufficient sleep</p> <p>Enjoying a hobby</p> <p>Taking a vacation</p> <p>Buying a new outfit</p> <p>Practising mindfulness</p> <p>Praying</p> <p>Writing poetry</p> <p>Doing athletics</p> <p>Going for a swim</p> <p>Composing music</p> <p>Spending time in nature</p>	<p>Spending time with family or friends</p> <p>Spending time with pets</p> <p>Talking to family</p> <p>Talking to friends</p> <p>Going out for a meal</p> <p>Going out for entertainment</p> <p>Writing a letter</p> <p>Playing a sport</p> <p>Contacting a long-lost friend</p> <p>Joining a yoga class</p> <p>Asking for support or help</p> <p>Taking a vacation with friends or family</p> <p>Taking a course</p> <p>Going back to school</p> <p>Attending church, synagogue, mosque, etc.</p> <p>Joining an exercise class</p> <p>Playing in a band or ensemble</p> <p>Singing in a choir</p> <p>Exercising with a friend</p> <p>Going camping</p>	<p>Becoming educated about addiction</p> <p>Attending a support or therapy group</p> <p>Attending workshops</p> <p>Obtaining mental health treatment</p> <p>Obtaining medical care</p> <p>Talking to a spiritual leader</p> <p>Receiving counselling</p> <p>Reading self-help books</p>