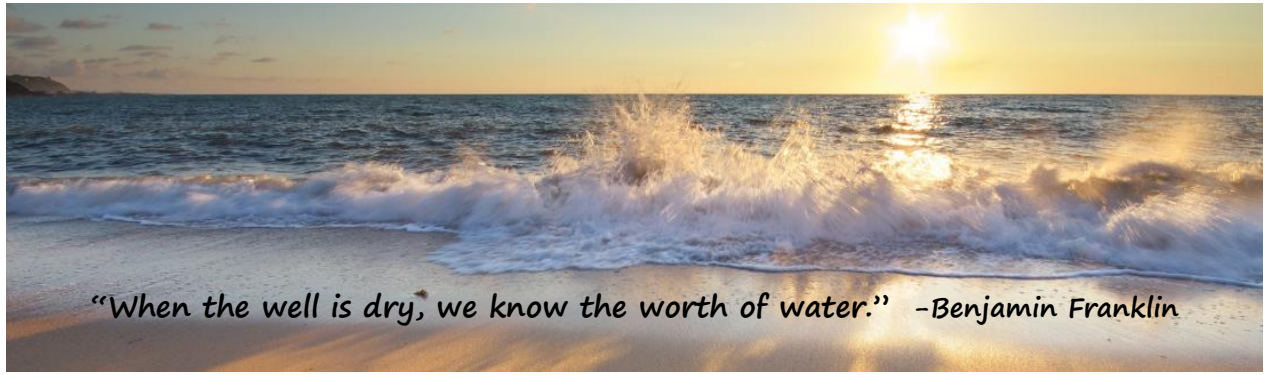


# 25 Self-Care Ideas for Individuals



## Connect with others

- Ask for help from a trusted person
- Have coffee with a friend
- Walk or run with your dog

## Find a peaceful place

- Dig in a garden and make beautiful plants grow
- Go hiking or camping and spend some time in nature
- Visit a farmer's market
- Disconnect from social media
- Leisurely browse in a bookstore
- Sit in a park and people-watch

## Have fun

- Attend a local high school sporting event
- Go to a comedy club
- Listen to your favorite podcast or music
- Work on a jigsaw puzzle
- Binge-watch a TV show

## Take care of yourself and your surroundings

- Buy a foam roller and roll out your tension
- Practice deep breathing
- Clean up your work area
- Declutter a space in your home
- Drink more water
- Make your bed

## Be kind

- Soften expectations of yourself and others
- Stop being your harshest critic
- Write in a journal or a Word document
- Secretly do something nice for someone else
- Think of five things you are thankful for