



40 ACTS OF SELF-CARE



- 1** Go on a nature walk
- 2** Cook your favorite meal
- 3** Give yourself a facial
- 4** Do yoga
- 5** Watch a movie



6 Garden

7 Light candles

8 Buy yourself flowers

9 Mediate

10 Play with your pets

11 Bake cookies

12 Read for fun

13 Take a bubble bath

14 Paint

15 Eat chocolate



16 Dance!

17 Take yourself out for a meal

18 Go on a hike

19 Make a smoothie

20 Get a manicure

21 Tend to your plants

22 Color

23 Listen to a podcast

24 Enjoy a tea

25 Journal



26 Get a massage

27 Try a new craft

28 Watch standup comedy

29 Get a fancy coffee

30 Do breath work

31 Go for a run

32 Savor a dessert

33 Walk barefoot in grass

34 Try a new fitness class

35 Write yourself affirmations



36 Listen to music

37 Take a soothing shower

38 Paint your toes

39 Listen to records

40 Make a vision board

enjoy!

@THERAPYWITHSTACEY

