

# 100+ Self-Care Activities

Painting  
Playing a musical instrument  
Coloring  
Knitting  
Create a playlist of your favorite songs  
Drawing  
Watch a funny YouTube video  
Play video games  
Sing along to your favorite song  
Play Football with some friends  
Start a pick-up Basketball game  
Have a picnic in the park  
Exercise  
Do you make-up  
Get dressed up even if you have nowhere to go  
Shopping  
Go skateboarding with friends  
Dance around your room  
Give yourself a manicure  
Go to the salon for a pedicure  
Sit outside for 15 minutes  
Cook your favorite meal  
Learn to bake a new treat  
Curl up with a good book  
Meditate  
Keep a gratitude journal  
Talk with a friend  
Go on an outing with your friends  
Plan a family night for some quality time  
Watch your favorite movie  
Start a new TV series  
Do your hair or Try out a new hairstyle

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Practice photography  
Eat a healthy snack  
Play with sand or sensory objects to relax  
Learn something new  
Make a TikTok video  
Do a puzzle  
Sit on the beach  
Go for a drive even if you have no destination  
Take a hot shower or bath  
Plan a weekend getaway  
Disconnect from all electronics for a little while  
Do a skin care routine  
Clean your room/house  
Go fishing  
Write a story or poem  
Listen to a podcast  
Gardening  
Go for a hike  
Enjoy a bike ride  
Take a nap  
Play a computer game  
Play with your pet  
Take your dog for a walk  
Walk around the park  
Practice Deep Breathing Exercises  
Do some stretches  
Take a Yoga class  
Relax with a white noise machine  
Listen to nature sounds  
Rock Climbing  
Visit a trampoline park  
Use Aroma Therapy

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Make yourself a cup of hot coffee/tea  
Drink enough water  
Play a game on your phone  
Do a crossword puzzle or word game  
Learn a new hobby  
Build something  
Go for a run/jog  
Make something for someone else  
Do something nice for someone else  
Go to therapy  
Attend a support group  
Hug someone  
Ground yourself- Stand barefoot in the grass or sand  
Use positive self-talk and affirmations  
Write in your journal  
Get organized! Make a to-do list  
Do some yard work  
Go for a swim  
Get a massage  
Color in an adult coloring book  
Create a mandala  
Develop a regular sleep routine  
Use your paid time off. Take a mental health day  
Engage in religious/spiritual traditions (ie: Prayer, Go to mass)  
Take your lunch breaks  
Schedule “Me Time”, Use a planner to help you make time.  
Declutter your space  
Donate to a charity of your choice  
Practice martial arts  
Create a budget  
Rearrange your furniture  
Look at old photos

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Commit to posting only positive images/messages on social media

Write a letter to someone

Ask for help when you need it

Make time to schedule your regular medical check-ups

Attend a local event

Go to the library and browse the books

Focus on a healthy diet, meal-prep

Visit a museum