

100 CREATIVE + FUN *SELF-CARE IDEAS*

- Go for a walk
- Take yourself out for coffee
- Cuddle with a pet
- Have an at-home movie night
- Listen to an uplifting podcast
- Bake your favorite dessert
- Take a relaxing self-care bath or shower
- Have a solo dance party
- Create a vision board
- Journal
- Make a DIY self-care jar
- Meditate
- Take a workout class
- Create positive affirmation cards
- Color or paint
- Do a puzzle
- Create art
- Make friendship bracelets

- Enjoy your favorite snack
- Go for a drive
- Do some yoga
- Turn your phone off
- Take some deep breaths in nature
- Take a nap
- Wear your comfiest clothes
- Read an inspiring book
- Read a fiction book
- Binge-watch a TV show
- Order takeout
- Make a to-do list
- Set some new goals
- Play a game
- Look through old photos and reminisce
- Write a letter of encouragement to yourself
- Tidy up your space

Get All 100



Self Help Ideas

Jennifer Murray



Self Help Ideas:

Eventually, you will definitely discover a additional experience and achievement by spending more cash. nevertheless when? realize you bow to that you require to acquire those all needs taking into consideration having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to comprehend even more not far off from the globe, experience, some places, with history, amusement, and a lot more?

It is your totally own grow old to accomplishment reviewing habit. among guides you could enjoy now is **Self Help Ideas** below.

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