

# 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



# Ideas Self Help

**Ensheng Dong**



**Ideas Self Help:**

Embark on a transformative journey with Written by is captivating work, Discover the Magic in **Ideas Self Help** . This enlightening ebook, available for download in a convenient PDF format PDF Size: , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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