

33

WAYS

*to take care
of yourself*

~author unknown

1. Soak in the tub
2. Read a good book
3. Talk to a friend
4. Eat your favorite food
5. Take a nap
6. Cuddle with your pet
7. Have a good cry
8. Breathe – just breathe!
9. Eat chocolate
10. Dance
11. Get a massage
12. Listen to music
13. Watch a movie
14. Light candles
15. Walk in the woods
16. Look at old photos
17. Do a crossword puzzle
18. Wear flannel
19. Play with a child
20. Spend time in your garden
21. Sit in a sunny spot
22. Draw
23. Play
24. Write in your journal
25. Listen to a book on tape
26. Meditate
27. Drink tea
28. Wear silk
29. Feed the birds
30. Sit by a fire
31. Walk near water
32. Bake cookies
33. Take a trip

