

Self-Care

- Do deep breathing exercises.
- Get a therapeutic massage.
- Treat yourself to a new body cream/lotion.
- Wear your favourite, comfortable clothing.
- Exercise.
- Soak feet in special foot soap (Johnson's, Scholl's).
- Join a yoga or stretching class weekly.
- Take a nap.
- Take a long walk.
- Read.
- Spend time with people who are affirming, optimistic and nurturing.
- Play/work outdoors (skiing, rollerblading, walking, barbecuing).
- Save notes and letters that are complementary. Read them often.
- Learn new skills.
- Engage in a new hobby.
- Write down self-positive adjectives.
- Notice and appreciate humour.
- Pray or meditate.
- Take at least thirty minutes alone time per day.
- Rent a comedy video.
- Light candles; buy fragrant candles.
- Puzzles, clay or silly putty.
- Plan a vacation - call a travel agent.
- Image and visualize - concentrate on a comforting scene.
- Bring comforting photos to work (loved ones, vacations).
- Order a pizza.
- Take a break.
- Find a special, quiet place and make it your own.
- Eat healthy snacks, watch nutrition; take vitamins.
- Plan ahead - schedule medical and dental appointments.
- Sit under the glow of a warm fireplace.
- Nourish your body with healthful warming soups.
- Allow yourself to discover new things about "you."
- Add new elements that you want to include in your life.
- Notice your strengths.
- Realize that wherever you are today is the place to start.
- Be creative....sing, dance, paint or write.
- Share happiness with someone else.
- Do something you've never done before.

- Nurture a loving atmosphere in your home.
- Enjoy a nice cup of coffee or tea in silence.
- Just sitting and listening to music that makes you feel good.
- Dancing all by yourself to really loud, fun music.
- Draw, paint or just colour in a child's colouring book.
- Talking on the phone to friends or not answering the phone at all.
- Prepare yourself a good home-cooked meal.
- Go for a walk. Do some exercise or practice yoga.
- Do a crossword.
- Spend an afternoon at the library or Chapters and read for free.
- Plant a garden, pick fresh flowers or buy a small bouquet.
- Take the time to write in a journal.
- Enjoy a manicure or pedicure - share the experience with a friend.
- Enjoy time with children.
- Laugh from the belly.
- Join a group.
- Call the helpline (642-3000) or distress line (667-6711).