

50 WAYS TO PRACTICE SELF-CARE

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1. Have a mini declutter session.
2. Watch your favorite movie. Even if it's for the 20th time.
3. Take a long bath.
4. Burn your favorite candle.
5. Jump on your bed. Like when you did when you were little (come on, when was the last time you did this?).
6. Turn off your phone for a few hours.
7. Meditate (you can start right here).
8. Have a mini pamper session.
9. Throw your favorite jammies in a dryer for a few minutes so they're nice and warm and put them on as soon as you come home from work.
10. Go for a run or a long walk.
11. Write yourself a love letter.
12. Wear your favorite perfume.
13. Put some music on and dance away.
14. Cook your favorite meal.
15. Go outside, lie on your back and watch the sky.
16. Write down 10 things you're grateful for.
17. Give yourself a manicure.

18. Treat yourself a little with your favorite dessert.
19. Buy yourself some flowers.
20. Do something for the first time;
it can be something very simple, like trying out a
new restaurant or going to the movies alone.
21. Have an intense workout session.
22. Do something that you've been putting off for a while.
23. Get up early, make yourself breakfast and
enjoy your morning tea in peace and quiet. No TV, no radio,
no phone, no laptop.
24. Throw yourself a little party. Buy your favorite wine,
grab some takeout and read through all the magazines
you've been hoarding. Maybe watch some mindless TV?
25. Slow down and be present.
26. Listen to music. Just close your eyes and listen to music.
27. Create a vision board for yourself.
28. Call someone you love.
29. Read a good book.
30. Take a nap.
31. Stretch.
32. Create positive, loving affirmations for yourself.
33. Organize your closet.
34. Plan a fun weekend for yourself and your
partner/friends/family. It can be something as simple
as game night and pizza.

35. Binge-watch your favorite TV show on Netflix.
36. Try a new, healthy recipe.
37. Do something creative.
38. Have a cup of coffee from your favorite coffee place.
39. Write a thank you note for someone.
40. Do something you love.
41. Sleep in on the weekend.
42. Spend some time in the sun.
43. Have a little girls' (or boys') night in.
44. Kick-start your day with some positive affirmations.
45. Have a lunch date with a friend.
46. Cuddle with your pet. Or your human ;) .
47. Make a playlist of your favorite songs at the moment.
48. Go to a museum.
49. Write down a long list of things you love.
50. Watch a stand-up comedy show.