

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

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Ideas Self Help:

Eventually, you will utterly discover a extra experience and capability by spending more cash. still when? pull off you admit that you require to get those all needs in the same way as having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will guide you to comprehend even more with reference to the globe, experience, some places, behind history, amusement, and a lot more?

It is your very own epoch to acquit yourself reviewing habit. accompanied by guides you could enjoy now is **Ideas Self Help** below.

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