

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

Rachel S Tattersall



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A Pragmatic Guide to Low Intensity Psychological Therapy Elizabeth Ruth, James Spiers, 2023-05-17 With the rapidly growing demand for mental health care there is a need for efficient and effective psychological treatment options Low Intensity Psychological Therapy has become well established in the England Improving Access to Psychological Therapies IAPT programme as a beneficial and versatile treatment option for mild moderate symptoms of depression and anxiety A Pragmatic Guide to Low Intensity Psychological Therapy Care in High Volume provides a guide to Low Intensity Psychological Therapy from the perspective of the Low Intensity Practitioner This book describes the Low Intensity role as part of a multi disciplinary approach to psychological care The authors use a series of case vignettes personal experience and current literature to help navigate the context of the role and its potential for ethical and safe expansion Offers a practitioner perspective on the efficacy research of Low Intensity psychological interventions in adult populations with a focus on working with diversity Aims to support Low Intensity Practitioners in developing competency within the role with a focus on reflective practice supervision and personal wellbeing Includes case vignettes and examples to explore the real world implementation of Low Intensity interventions in group and individual settings including the management of long term physical health conditions Explores the benefits and pitfalls of the current role of the Low Intensity psychological practitioner within the

IAPT programme Discusses the expansion of the Low Intensity psychological practice to international regions **Media, Gender and Identity** David Gauntlett, Professor of Media and Audiences David Gauntlett, 2003-09-02 First published in 2002 Routledge is an imprint of Taylor Francis an informa company 50 Self-Help Classics Tom Butler-Bowdon, 2010-12-07 Thousands of books have been written offering the secrets to personal fulfillment and happiness how to walk The Road Less Traveled Win Friends and Influence People or Awaken the Giant Within But which are the all time classics Which ones really can change your life Bringing you the essential ideas insights and techniques from 50 legendary works from Lao Tzu to Benjamin Franklin to Paulo Coelho 50 Self Help Classics is a unique guide to the great works of life transformation

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