

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

KJ Lindholm-Leary



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with the advice you find inside The world of self help has a lot of traps and throughout my years as a voracious reader I've fallen into probably all of them Now as both a reader and an author of self help books I'd like to share with you some advice on how to use self help books in a way that will actually help you achieve real world results Here are some of the topics I cover in my short guide How to Help Yourself With Self Help The 5 most common pitfalls of self help and how to avoid them you've probably fallen victim to most of them Tips on how to identify what specific area of your life you should target first in order to benefit the most from reading self help What confirmation bias is why it's dangerous and how to escape it to stay flexible and enjoy consistent personal growth How to interpret the advice you get from a book and tailor it to your life circumstances cookie cutter approaches don't work Why it's sometimes better to skip self help books and what to read instead to help you achieve your goals and become a better person Don't let another self help title become just another book on your shelf Learn how to read in a more strategic way and more importantly act on the advice you get This short guide can be your first step toward the new you

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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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