

50 Simple Self-Care Ideas

01

Go for a walk

Even a short walk can boost your mood by increasing blood flow and oxygen to the brain.

02

Meditate

Taking five minutes to tap into your senses is a quick (and free) way to calm your nervous system.

03

Make (and drink) a cup of hot tea

Sitting down to enjoy a hot cup of tea can boost your immune system, help fight off inflammation, or settle an upset stomach.

04

Use a face mask

Whether used to increase moisture, reduce puffiness, or cleanse pores, a face mask is the perfect accessory for a night in with a good book.

05

DIY a hair mask

Your skin isn't the only part of your body that deserves a little TLC. Treat yourself to a hair mask and rehydrate your tresses — you can DIY one with ingredients you may already have in your kitchen, such as avocado and olive oil, or milk and honey.

06

Give yourself a pedicure

A pedicure not only contributes to overall nail health, but is a relaxing way to pamper yourself (and your feet).

07

Take a bath

Baths require you to slow down, unwind, and exist in the moment, all while soothing your aching muscles and preparing your body for a good night's sleep.

08

Write in a journal

Process the day by writing down your thoughts and feelings. Journaling can help make sense of (and quiet) your inner monologue.

09



Light a candle

Since smell can stimulate brain activity, lighting a scented candle can evoke positive memories while also making your space feel clean and refreshed. (But don't leave it unattended!)



10

Have a dance party

Whether you want to burn off excess energy or wake yourself up, an impromptu dance party can kick-start a better mood. Put on your favorite song and let the music move you.

14

Do some gardening

Clear brain fog by cultivating new growth. Gardening is also a great long-term project to help you practice patience — with the added bonus of fresh flowers or homegrown produce.

11

Organize your space

Organizing what you have and purging what you don't need is a reliable antidote to feeling chaotic and overwhelmed. Try tackling just one small area at a time (such as your desk), or setting aside a few minutes each day; you don't need to clear out an entire room to feel a sense of accomplishment.

15

Read a favorite book

There's something simultaneously comforting and thrilling about revisiting a world you once lost yourself in. (Plus, it proves that you've always had excellent taste.)

12



Practice yoga

Like meditation, yoga requires you to slow down, focus on your breathing, and pay attention to the way your body feels.

16

Listen to a podcast

With topics ranging from true crime to pop culture commentary to fiction, there's no shortage of ways for you to uncover a new interest.

17

Clear your inbox

Inbox zero is not a myth, and tackling the messages you've been putting off for weeks is the first step to getting there. It's not the most exciting task, but you'll feel so much better afterward.

13

Call a friend

Nobody is an island, so spend 15 minutes on the phone with a friend to catch up, de-stress, and maintain that key sense of community.

18

Unwind with some collaging

Collaging is a fun way to spark your creativity. Grab a pair of scissors, some glue, and a stack of old magazines or photos, and let yourself play.



19

Change your sheets

Clean, crisp sheets can offer a new start after a few sleepless nights, or even just remind you that doing laundry heeds results. The act of changing your sheets may be a bit of a chore, but the feeling of slipping into a freshly made bed is more than worth it.

20

Clean your makeup brushes

Banish harmful bacteria by washing your makeup brushes and ensuring not only their longevity, but also the health of your skin.

21

Send a postcard to a friend

Receiving physical mail can make someone's day, especially if that message is not bill-related — and it'll make you feel pretty good to send it, too.

22

Eat a piece of fruit

Fruit not only helps keep you hydrated, but also has been linked to lower levels of depression and reduced inflammation. Plus, it's delicious and refreshing.

23

Buy yourself flowers

You deserve a little treat, and fresh flowers can help brighten up your space — and your mood.

24

Prepare a favorite recipe

Comfort food can be an instant mood stabilizer, and it will likely taste even better if it's from a recipe you mastered yourself.

25



Write a gratitude list

It's easy to lose sight of the little things that make the big picture beautiful, so sit down and list what you're grateful for to inject some color back into your day.

26

Sing a song out loud

Anyone can be Adele if you turn up their music loud enough. Channel your favorite artist and belt out those high notes.

27

Set a 15-minute timer and do one thing you've been putting off

Chipping away at a to-do list yields tangible results and helps foster a sense of productivity, so set aside 15 minutes each day to take on an errand or job you've been avoiding.



28

Learn a new skill

Whether it's a new language, the art of flower arranging, or the craft of ceramic pottery, learning a new skill can stimulate your brain, encourage personal growth, and boost your confidence.

29

Drink a big glass of water

Staying hydrated improves serotonin levels that help regulate your mood. Drinking water also aids with digestion, energy levels, dry skin, and even puffiness.

30

Pet an animal

The act of petting a dog or cat can lower cortisol levels and reduce blood pressure, boosting your overall health.

31

Visit a thrift store

Whether you're on the hunt for something specific or just browsing for hidden treasures, losing yourself in the overstuffed racks and shelves of a thrift store can help pause cyclical thinking and help you exist in the present.

32

Take five deep breaths

If you're pressed for time, taking five deep breaths can act as a quick reset, especially in moments when you may find yourself spiraling.

33

Reread old birthday cards

Remembering how much you're loved by close friends and family can ward off the blues from a bad day.

34

Purge your wardrobe

Your wardrobe should consist solely of clothing that makes you feel confident and powerful. Donate anything that doesn't live up to that standard, or that you haven't worn in more than a year.

35

Rewatch your go-to comfort movie or TV show

There's a unique joy in watching a film or show you can quote from memory.

36



Take a short nap

Improve your mood and recharge your brain by carving out 10 to 20 minutes in the early afternoon for a quick snooze.



37

Take up knitting, crocheting, or cross-stitching

Keeping your hands busy with a repetitive action like needlework can have a calming effect on your mind, too.

38



Water your plants (and wipe off their leaves!)

Hydration and oxygen aren't just a human necessity; your houseplants need to drink up and breathe, too. Take a few minutes to care for the greenery in your home, so you can continue to reap the benefits they offer in return.

39

Donate to a charity or nonprofit

Not only does donating to a nonprofit assist with their cause, but giving back boosts serotonin and dopamine levels, creating a warm-fuzzy feeling.

40

Bake yourself a treat

It doesn't have to be perfect — it only has to be delicious. Even just browsing through pages of recipes for cookies, cakes, and pastries may give you a burst of inspiration.

41



Visit a museum

Seek out an art exhibit or historical site to refill your cultural pool. Engaging with history by spending a few hours in a museum can help you feel more connected to the world and offer unique learning experiences.

42

See a movie alone

Going to the theater is the perfect excuse to turn off your phone for a couple of hours. Plus, the popcorn and Junior Mints will be all yours.

43

Take yourself to dinner

You're worth a delicious meal made by professionals in a setting outside your own kitchen.

44

Gently stretch your neck

Making sure not to overextend yourself, gently stretch your neck to release built-up tension and ward off TMJ disorder symptoms.



45

Start (and finish) a puzzle

Whether it's 50 pieces or 5,000, conquering a puzzle will give you a sense of accomplishment. (Plus, it's fun.)

49

Hang up art you've been meaning to

Art is meant to be enjoyed, so pick up the hammer (or non-peeling adhesive) and hang up those prints that have been sitting around for the last few months (or years).

46

Make a playlist

Eliminate the chaos of shuffle by making playlists tailored to events, tasks, or your mood, thereby ensuring your day-to-day soundtrack is always on point.

50

Window shop online

You don't necessarily need to spend money to reap the benefits of retail therapy. Source for upcoming deals, or if you're sticking to a budget, load up your cart and then close the window for a profound sense of achievement.

47



Open the windows

A breath of fresh air can help brighten a space and liven up your senses.

48

Put your photos in an album

In the spirit of organization, take those stacks of loose photos and arrange them in an album that you can display and revisit whenever you want.



Be you.

