Ideas for Self-Nurturing Activities

* = free

	Listen to my favorite music		*	Enjoy a relaxing nap
	Enjoy a long, warm bubble bath			Visit a museum or art gallery
*	Go for a walk		*	Practice yoga
*	Share a hug with a loved one			Relax in a whirlpool or sauna
*	Relax outside		*	Enjoy a cool, refreshing glass of water or juice
*	Exercise (of my choice)		*	Enjoy the beauty of nature
*	Spiritual prayer		*	Reflect on: "I am thankful for ..."
*	Attend a caring support group		*	Play like I did when I was a child
*	Practice diaphragmatic breathing		*	Star gaze
*	Do stretching exercises		*	Window shop
*	Reflect on my positive qualities		*	Daydream
*	Watch the sunrise or sunset		*	Tell myself the loving words I want to hear from others
	Wear soft pajamas			Attend a special workshop
*	Laugh			Go sailing/paddle boating
*	Concentrate on a relaxing scene			Reward myself with a special, affordable gift
	Create collage representing "The real Me"			Take myself on a vacation
	Receive a massage			Create with clay or pottery
*	Reflect on:"I appreciate..."		*	Practice positive affirmations
*	Write my thoughts and feelings in a journal		*	Pet an animal
	Attend a favorite athletic event			Watch my favorite TV show
	Do something adventurous		*	Reflect on my successes
	Read a special book or magazine		*	Write a poem expressing my feelings
*	Sing/hum/whistle a happy tune			Make a bouquet of flowers
*	Swing/slide/teeter totter		*	Watch and name the clouds
	Play musical instruments			Make myself something nice
*	Spiritual meditation		*	Visit a park or a forest
	Work with plants in the garden			Read positive, motivational literature
	Learn a new skill		*	Reflect on: "What I value most in life"
	See a special play, movie, or concert			Work out with weights
	Draw or paint a picture			Ride a bicycle
*	Swim/float/wade/relax in a pool or in the ocean			Make myself a nutritious meal
*	Do aerobics or dance			Go on a picnic in a beautiful setting
	Visit a special place I enjoy			Enjoy a gourmet cup of herbal tea
*	Smile and say: "I LOVE MYSELF!"			Participate in my favorite sport or game
*	Take time to smell the roses			Practice a relaxation exercise or listen to relaxation tape
*	Imagine myself achieving all of my goals and dreams		*	Practice the art of forgiveness
	Go horseback riding			Treat myself to a nutritious meal out
	Reflect on: "My most enjoyable memories..."			Participate in a hobby
	Call a special friend		*	Create my own list of self-nurturing activities

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