

30 Days of Self-Care

Do one a day or choose your favorites and repeat them throughout the month.

- Take a hot bath, light a candle, pamper yourself.
- Watch funny videos on YouTube or TikTok.
- Call a loved one and tell them you love them.
- Make one of your favorite recipes.
- Create a list of your 10 favorite memories of all time.
- Get dressed up for no reason.
- Play with your pet.
- Listen to a song you loved when you were growing up.
- Declutter and sell (or donate) some items you don't need.
- Create a bucket list.
- Take a nap.
- Do some yoga or stretches.
- Write down what you're most grateful for.
- Listen to a podcast.
- Go for a walk or bike ride.
- Mix up a fruit smoothie.
- Take a break from social media.
- Read a book to someone — your kid, pet, grandchild, niece/nephew (in person or virtually).
- Practice deep breathing.
- Rearrange a room in your home.
- Cuddle with a soft blanket.
- Find a reason to laugh.
- Get 15 minutes of sun.
- Watch a documentary on a topic you're interested in.
- Walk barefoot in the grass.
- Have a dance party in your living room.
- Watch the sunset.
- Create a mood board.
- Fall asleep to nature sounds.
- Rewatch your favorite movie.