

25 Ways to Do Self Care

- 1 Eat healthy
- 2 Take time off
- 3 Breathe deeply
- 4 Yoga and meditation
- 5 Celebrate your strengths and honor your contributions
- 6 Spend some time alone
- 7 Remember that every person is on their own path
- 8 Take a walk in nature
- 9 Learn about the signs of secondary trauma
- 10 Practice being grateful for what you have
- 11 Laugh a good belly laugh
- 12 Delegate the things you can
- 13 Get enough sleep
- 14 Read a good book
- 15 Listen to your body
- 16 Process your feelings through art, writing, movement
- 17 Turn off your computer and TV
- 18 Listen to music you love
- 19 Spend time with family/friends
- 20 Take a long bath
- 21 Hug someone
- 22 Have a good long conversation with a friend
- 23 Know your limits and honor them
- 24 Go to a good movie
- 25 Think positive thoughts



