

# Self-Care in 30 Minutes or Less

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- Buy your favorite foods
- Make a list of things you want to do
- Do a word puzzle
- Read a magazine or book
- Color an adult coloring book
- Get some flowers
- Stop and smell the flowers – literally!
- Window shop
- Exercise
- Go on a hike
- Make a gift for someone
- Download a song or buy a CD
- Do yoga
- Meditate
- Do breathing exercises
- Call someone – let them know you appreciate/love them
- Put on some good music
- Plan a long trip
- Take a short trip
- Write in a journal
- Draw
- Work in a garden/garage
- Put a cold compress on your forehead
- Take a warm shower
- Sink into a really comfortable chair at home
- Wrap yourself in a flannel robe
- Put a pair tennis balls on the floor and roll your back on it to get those knots out
- Blow dry your feet
- Play with your pet