

# SELF-CARE INSPIRATION

ideas to nourish you from Jenny Remington Coaching



sit down... breathe deeply... stretch... journal... splash water on your face... listen to music... meditate... pray... read a book... take a nap... take an epsom salt or bubble bath... take a social media break... take a technology break... BE in nature... say NO... exercise... rest without DOING... meet a friend virtually... schedule a “mental health day”... eat a healthy snack... plan a dream vacation in the future... write down what you are grateful for... make a scrapbook of your favorite photos... do something creative (draw, sing)... hug or cuddle with someone... talk with a therapist... call a friend... go for a brisk walk... go on a date at home ... treat yourself to something special... plant something in the ground... learn something new... go to bed early... consume healthy food... buy yourself flowers... allow yourself a cathartic cry... hire a cleaning service... engage with an old hobby... light a candle... cook or bake your favorite dish... create a peaceful space in your home... prioritize your to do list...set a boundary... level-up your skincare regimen... listen to nature sounds... go to a virtual concert... rearrange a space in your home... plan a stay-cation... pet an animal... write yourself a loving note... stargaze... join a support group... create a vision board... watch the sunrise or sunset or both... write down your goals... be honest with yourself... watch old home movies/videos... put lotion on your hands or feet... read to a child... write thank you notes... allow yourself to grieve... grow a garden... make something... squeeze a stress-ball... savor a cup of coffee or tea... practice self-massage... attend a virtual workshop for something you want to learn... use a hot water bottle / heating pad / ice on your body... diffuse essential oils of your favorite smell... open your windows... have a set bedtime... create a morning and evening routine... set an intention to start your day... limit your to-do list to only tasks that are meaningful... check-in with yourself... make a list of your accomplishments... look in the mirror and smile... donate (time or money) to a cause you care about... lower your housekeeping standards... stop apologizing...genuinely compliment someone... declutter or purge a space that is not bringing joy... go for a drive alone... ask for what you need... see your doctor... envision your next birthday and plan your perfect day... cook for someone else... receive a back scratch or foot massage... spend time with positive people... savor high-quality chocolate... buy a new pillow or bedding... enjoy your favorite beverage... write positive affirmations... S L O W w a y d o w n ...