



Self-Nurturing Activities

(30 minutes a day)

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- Take a warm bath
- Have breakfast in bed
- Take a sauna
- Get a massage
- Buy yourself a rose
- Take a bubble bath
- Go to a pet store and play with the animals
- Walk on a scenic path in a park
- Visit a zoo
- Have a manicure or pedicure
- Stop and smell some flowers
- Greet the rising sun
- Watch the sunset
- Relax with a good book/soothing music
- Rent a funny video
- Dance to your favorite music
- Go to bed early
- Sleep outside under the stars
- Take a "mental health day off" from work
- Fix a special dinner and eat by candlelight
- Go for a walk
- Call a good friend
- Treat yourself out to a fine restaurant
- Go to the beach
- Take a scenic drive
- Meditate
- Sit on the porch and shell something
- Browse in a book or music store
- Buy yourself a stuffed animal
- Write yourself a love letter and mail it
- Write in your journal
- Buy yourself something special that you can afford
- Go see a good film or show
- Go to the park and swing on the swings
- Visit a museum or other interesting place
- Let yourself dawdle
- Work on your favorite puzzle
- Treat yourself to a hot tub or Jacuzzi
- Record an affirmation on tape
- Write an ideal scenario concerning a goal, then visualize it
- Read an inspirational book
- Write a letter to an old friend
- Spend time near a river, stream, or creek
- Hold an infant
- Dry hair in the sun
- Pot your plants; be sure to get muddy
- Sit in a circle of trees