



Self-Nurturing Activities

Listen to my favorite music	Spiritual meditation	Count your blessings
Enjoy a long, warm bubble bath	Work with plants (garden)	Play as you did as a child
Go for a walk	Learn a new skill	Star gaze
Share a hug with a loved one	See a special play, movie or concert	Window shop
Relax outside	Work out with weights or equipment	Tell yourself loving words you want to hear from others
Exercise (of my choice)	Ride a bike or motorcycle	Attend a special workshop
Spiritual prayer	Make and eat a nutritious meal	Go sailing or paddle boating
Attend a caring support group	Draw or paint a picture	Reward yourself with a special gift you can afford
Practice diaphragmatic breathing	Swim/float/wade/relax in a pool or at the beach	Take yourself on vacation
Do “stretching” exercises	Do aerobics/dance	Create with clay or pottery
Reflect on my positive qualities: “I am . . .”	Visit a special play	Practice positive affirmations
Watch the sunset or sunrise	Smile and say “I love myself”	Pet an animal
Concentrate on a relaxing scene	Take time to smell the roses	Watch my favorite TV show
Create a collage representing “The Real Me”	Imagine yourself achieving your goals and dreams	Reflect on your success
Receive a massage	Go horseback riding	Make a bouquet of flowers
Reflect on: “I appreciate”	Reflect on: Your most enjoyable moments	Watch the clouds
Write my thoughts and feelings in a personal journal	Enjoy a relaxing nap	Watch a humorous videotape
Attend a favorite athletic event	Visit a museum or art gallery	Visit a park/woods/forest
Do something adventurous	Practice yoga	Read positive, motivational literature
Read a special book or magazine	Relax in a whirlpool/sauna	Reflect on what you value most in life
Sing/hum/whistle a happy tune	Enjoy a cool, refreshing glass of water or fruit juice	Phone a special friend
Swing/slide/teeter totter	Enjoy the beauty of nature	Go on a picnic in a beautiful setting
Play a musical instrument		Enjoy a gourmet cup of herbal tea