

Self-Care Ideas by Category

Self-care does not look the same for everyone - it's highly individualized and spans across all life areas. It can be hard to identify practices that will work for you, so this list has been created to help you generate some ideas. These examples are by no means exhaustive, but should give you a good place to start!

Physical

- Self-Massage
- Take your meds as prescribed
- Turn off all electronics 1 hr before bed
- Laugh
- Drink a glass of water
- Brush your hair
- Brush your teeth
- Get 15 minutes of sun
- Put on music
- Go for a walk
- Change your clothes
- Get enough sleep
- Draw in a coloring book
- Stretch
- Take a quick nap
- Pet an animal
- Light a candle, incense, or diffuse essential oils
- De-clutter your space
- Do a yoga pose
- Stargaze
- Exfoliate and moisturize
- Go to the gym
- Visit a spa
- Create art
- Do a face mask
- Make a healthy meal
- Meditate, or use the Calm App
- Take a bubble bath/hot shower
- Dance
- Take a bike ride

Emotional

- Write your feelings down - use [this wheel](#) as a reference
- Start a gratitude journal
- Practice positive affirmations
- Make a feel-good playlist
- List the positives of your day
- Learn to identify and avoid triggers
- Say "no" to extra responsibilities
- Meditate
- Practice emotional mindfulness
- Let yourself cry
- Set healthy boundaries
- Ask for help when you need it
- Take a break from stressful situations
- List the things you love about yourself
- Avoid toxic people
- Watch your favorite movie
- Address emotional pain
- Visit your therapist
- Ask for positive feedback
- Unplug for an hour
- Make time for your hobbies
- Spend quality time with people who bring you joy

Spiritual

- Practice meditation or breathing exercises
- Go to church/temple/mosque or your preferred spiritual gathering place
- Volunteer or donate to a cause you believe in
- Write down your values and beliefs
- Spend time with people you love
- Practice gratitude
- Identify the things that make you feel connected to others
- Read or watch an inspirational story
- Find and attend a support group if you need one
- Do a random act of kindness
- Read some spiritual literature of your choice
- Practice empathy
- Attend a poetry slam or open mic night
- Tell someone how much they mean to you

Social

- Have a meal or coffee with friends
- Join an interesting club or group
- Visit with (non-toxic) family
- Text, call, or video-chat a friend
- Leave a gathering if you're feeling overwhelmed
- Say "no" when you need to
- Perform a random act of kindness
- Spend quality time with someone you love
- Unplug for a day
- Attend local MYOI meetings
- Connect with foster youth organizations
- Tell others how much they mean to you
- Ask for help when you need it
- Attend a local show or event
- Host a movie night
- Intentionally reconnect with someone you've lost touch with
- Attend a support group meeting
- Leave a voicemail for someone you care about
- Bake or cook for others
- Schedule regular nights out
- Spend time with your pet(s)

Structural

- Establish regular therapy sessions
- Set up a savings account
- Create and stick to a budget
- Keep track of your sick time at work
- Make your bed, do a load of laundry
- Make note of all bill due dates
- Enroll for health insurance - check your Medicaid eligibility
- Use a calendar or planner
- Apply for scholarships like TIP and ETV
- Communicate with your supervisors in advance for time off
- Identify toxic people/situations and set healthy boundaries
- Set up payment plans for debts
- Make sure you're getting enough "me time"
- Check your credit score
- Take your medication as prescribed
- Say no to extra responsibilities
- Schedule and attend needed medical appointments

This list accompanies the Self-Care After Foster Care blog series by Rachel Szymarek
Accessed at: <http://fosteringssuccessmichigan.com/stories/self-care-after-foster-care-by-rachel-s.-part-2>