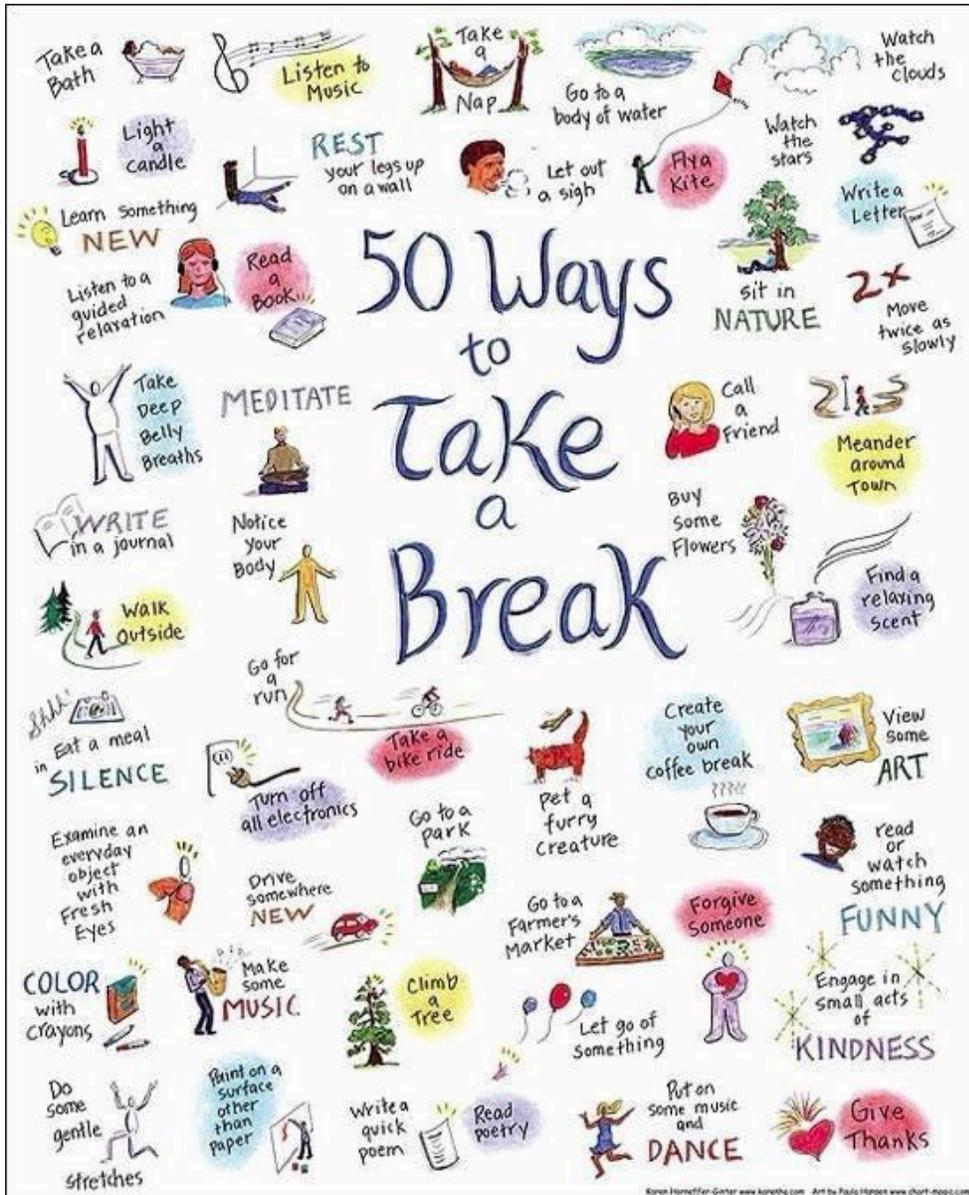


Self-Care Ideas

[80 Self-Care Activities for Teens](#)

[11 Self-Care Tips for Teens and Young Adults](#)

[Self-Care Tips for High School Students](#)



IDEAS FOR PRACTICING SELF-CARE

PHYSICAL

- go for a walk
- dance
- hike
- swim
- get a hug
- play with a dog
- clean & reorganize your room
- take a bath

MENTAL

- read a book
- learn a new skill like photography or drawing
- do a DIY project
- color
- turn your phone off

EMOTIONAL

- meditate
- practice Yoga
- light a candle
- talk with a friend
- go on a date
- journal
- write down a list of things you're grateful for

Real Self Care

- Fueling your body with food that gives you energy and helps you improve mentally and physically.
- Drinking water
- Being kind to yourself
- Setting boundaries
- Spending time with people that enrich your life
- Treating yourself to something new because you love yourself.
- Moving your body because you can.

Fake Self Care

- Dieting
- Alcohol or drugs
- Talking shit to yourself to “motivate” you
- Saying yes to everyone because you’re a “nice person.”
- Socializing because of FOMO
- Buying anything that promises to make you love yourself more.
- Working out as punishment or attending a class that shames your eating habits/appearance.

Psychology Today

SELF-CARE *in 5 minutes*

Self-care doesn't have to be complicated, it can be as simple as completing little tasks so you have time to relax later. So put down that studying for a bit: we've curated a list of self-care tips you can complete in less than five minutes.



make your bed



drink water



light a candle



eat a snack



make plans



listen to music



declutter



watch youtube



doodle



write affirmations

The University Daily Kansan

50 *Self Care*

IDEAS FOR A BAD DAY

1. DRINK HERBAL TEA
2. TRY AFFIRMATIONS
3. WRITE 10 THINGS GRATEFUL FOR
4. TAKE A DETOX BATH
5. TRY A FACE MASK
6. BREATHE DEEPLY
7. LIGHT YOUR FAVORITE CANDLE
8. WATCH A MOTIVATIONAL TEDTALK
9. EXERCISE
10. WALK IN NATURE
11. BUY YOURSELF FLOWERS
12. WRITE 5 THINGS YOU LOVE
13. JOURNAL
14. MAKE A VISION BOARD
15. DECLUTTER 10 ITEMS
16. READ A PERSONAL GROWTH BOOK
17. GO FOR A LONG WALK
18. LISTEN TO YOUR FAVORITE MUSIC
19. DO SOMETHING TO LAUGH
20. PLAN A GETAWAY
21. COOK YOUR FAVORITE MEAL
22. WATCH YOUR FAVORITE SHOW
23. HAVE A NIGHT WITH FRIENDS
24. DO A BRAIN DUMP
25. GO OUT FOR A DATE NIGHT
26. DO SOMETHING NEW
27. GIVE YOURSELF A MANICURE
28. CALL OR TEXT SOMEONE YOU LOVE
29. DO YOGA POSES
30. LISTEN TO YOUR FAVORITE PODCAST
31. SPEND TIME WITH SOMEONE INSPIRING
32. STRETCH
33. DO A SPA DAY
34. DO A DIGITAL DETOX
35. EAT A SALAD OR SMOOTHIE
36. GO OUT IN SUNSHINE
37. GO TO YOUR FAVORITE PLACE
38. TAKE SOME PRETTY PHOTOS
39. GET A MASSAGE
40. HUG SOMEONE
41. DRINK A FULL GLASS OF WATER
42. READ INSPIRATIONAL QUOTES
43. PUT ON NICE CLOTHES & MAKEUP
44. SLEEP
45. WATCH THE SUNRISE
46. REFRESH YOUR MORNING ROUTINE
47. CHANGE YOUR SHEETS
48. DIFFUSE ESSENTIAL OILS
49. DO SOMETHING NICE FOR SOMEONE
50. GO OUT FOR A COFFEE



Winter Months

~ Dr. Deborah Serani

SELF CARE TIPS

SUN	MON	TUE	WED	THU	FRI	SAT
Light a candle	Take a long bath	Enjoy a hot cocoa	Take a walk in the snow	Peppermint lotion your feet	Read a book	Relax to Theta music
Bake bread	Eat dinner by candlelight	Go to bed early	Play a board game	Apply a soothing face mask	Listen to beach soundscapes	Burn incense
Order in comfort foods	Listen to an audiobook	Unplug from all electronics	Bundle up and count the stars	Take a long, fizzy shower	Bake some treats	Nap on laundry right out of the dryer
Do pajama stretches	Thumb through old photos	Moisturize your skin	Rest in a pool of sunlight	Stay hydrated with water	Diffuse essential oils	Get out some crayons and a coloring book

[You tube - 6 Self Care Tips for Teens](#)