

100+ Self-Care Ideas

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1. Get healthy human touch
2. Get healthy mammalian touch
3. Walk barefoot
4. Walk vigorously or gentle, or alternate these
5. Be in nature
6. Breathe deeply ([article](#))
7. Use eye movement techniques
8. Drink a warm soothing herbal tea, I like chamomile herbal tea with raw honey
9. Give gratitude before drinking, eating, etc..
10. Find moments (ex. Right before falling asleep, right after waking, before brushing teeth, before driving the car, while you're waiting for the morning coffee, before stepping outside the house ..) to be more present and do something intentional such as feel grateful, or put a smile on the face, or take some deep breaths..
11. Recognize your limitations and honor them, we all have them
12. Increase your [dopamine](#)
13. Increase your [oxytocin](#)
14. Sleep soundly and enough hours
15. Nap (if it doesn't disrupt sleep, I prefer catnaps)
16. Go to bed early and get up early
17. Sit in quietness in the morning with nature (indoors or outdoors)
18. Listen to the birds in the morning
19. Practice lucid dreaming
20. Practice mindfully creating your narrative for times of the day or situations, proactively or when needed
21. Get massage or body work, or do it yourself for yourself within your ability
22. Use pressure points
23. Lower perfectionism (be ok with not being good)
24. Set healthy boundaries (which you will have to enforce) without controlling other people
25. Seek and ask for help
26. Practice gratitude. It is easier than you might think
[Browse articles and ideas on gratitude here](#)
27. Focus on gut health

28. Practice self-hypnosis (AKA day dreaming, positive prayers, visualisations, guided relaxation, Yoga Nidra, etc)
29. Practice QiGong or TaiChi
30. Get acupuncture, or do it for yourself
31. Massage your scalp
32. Use essential oils, find ones that smell great and enjoy
33. Smell the oil of rosemary, some say it makes them feel more awake
34. Practice mindfulness (watch thoughts and feelings without engaging or judging them)
35. Practice gardening, dig your hands into the soil and touch plants (do it safely)
36. Get vitamin D by laying in the sun for 20 minutes without sunblocking then wait 20 minutes before showering to allow time for vitamin D absorption into the bloodstream
37. Soak your feet in a tub of hot water, salts, and essential oils
38. Repeat positive affirmations
39. Day dream about something beautiful, kind, or funny
40. Day dream about a time in the future where you have done/found something you want
41. Day dream or remember a positive memory or a time from the past when you felt grounded, healthy or loved.
42. Use BrainGym postures. More on [BrainGym](#)
43. Use DBT skills. More of [DBT tools](#)
44. Use your creative mind
45. Draw, paint, color, or sculpt
46. Weed a garden or prune a plant
47. Watch comedy and laugh. Select something with the intention (to give yourself reason) to laugh. Laughter is healing.
48. Find, watch, or do things that make you laugh (not at others)
49. Write [positive belief statements](#)
50. Use [audio-visual entrainment \(AVE\)](#)
51. Use [cranial electrical stimulation \(CES\)](#)
52. Listen to hemispheric synchronisation audio tracks. [Find a selection of these here](#)
53. Practice guided imagery. Here's a selection of [Belleruth Naparstek's guided sessions](#)
54. Add ritual to your life, make sure they are intentional and positive
55. You already have many rituals, become mindful of them. If needed, you could modify or create a healthy one mindfully.
56. Consider that your suffering is a process of initiation, or a rite of passage

57. Consider that to every negative thought you have, there exists a different or an opposite one, that you could also have
58. Consider that you are worthy, your worth is your birth right.
59. Consider taking mini mental vacations (set a time limit if you need to)
60. Remember, you are not just your thoughts. You are much, much, more...
61. Remember you are a collection of parts, and you have access to these parts. Engage these other parts of you
62. Burn sage, sweet grass, palo santo, frankincense or other plant matter for their unique and pleasing aroma or use them traditionally to denote (or create) sacred time/space, or to clear energy.
63. Use your intention positively. Harness the power of your intention by gently directing it towards the things that make you feel better or are empowering.
64. Pray / ask for what you want ([use positively worded asks](#)).. Don't be a perfectionist when you do this.
65. Earth or ground yourself. Practice grounding or earthing.
66. Watch birds (bird watching)
67. Stare at bodies of water (allow your mind to relax)
68. Stare at a flame
69. Watch nature (sunsets, moon, clouds, branches moving to the wind, water, insects, flowers, beach pebbles, waves, etc)
70. Look for color in nature, observe the colors or decide to notice as many colors as you can.
71. Listen to the sounds in nature, focus your awareness on that.
72. Go outside in the morning and notice how morning time smells, sounds, looks or feels different
73. Breathe better. Use one of many breathing techniques. They are wonderful and can combine imagery, awareness, energy, can calm the nervous system, increase blood oxygen levels, change levels of hormones, energize you, relax you, give you a mini-break, and a lot more
74. Stop judging yourself, let go of that.
75. Let go of the need for approval from others.
76. Let go of comparing yourself to others (if its making you feel less than rather than motivate you)
77. Avoid toxic people and places
78. Stop multitasking, do one thing at a time, focus on one thing even if for a few moments
79. Consider you walk your own very unique path, there is no one path that you have to follow. What worked for someone else might not work for you and that is ok

80. When you judge yourself, know that this is an opinion, not a fact. All opinions stink.
81. Your inner saboteur actually wants to help you but doesn't know better, it is doing what it can, the way it knows how. Negotiate a healthier way for it to help you
82. Imagine yourself surrounded by radiant golden light or that your skin is golden colored. Imagine this incorruptible gold protects you
83. Are you burnt out? Then, no wonder your energy is low
84. Are you tired? Then, no wonder you are noticing more negative and limiting thoughts
85. Are your energy levels low? Then, no wonder why you're grumpy, moody, feel that life or adulting is difficult.
86. Have hope that "this too shall pass". The majority of the time, it will pass.
87. Allow yourself to let go of resistance, fear, grudges, desperation, shame, guilt... what you resist will persist.
88. Examine your feelings and thoughts at this moment, do they pass the [Wise Thought Test](#)?
89. Examine your thoughts by doing this **litmus test**
90. Attend, give time to, deal with something that is weighing on you (even if it is paper work, a stressful, nagging task, and consider doing that as self care)
91. Spend time with horses
92. Go to the gym
93. Self-date night
94. Grocery shopping for nutrition-dense or clean and tasty food
95. Calming warm bath
96. Warm, or warm-to-cold shower
97. Cold water face washing or cold water over head
98. Use warm lights around the house
99. Use accent lighting
100. Add color to your nights with colored lights in the house
101. Skin brushing
102. Get some craniosacral therapy
103. Make/consume seasonal dishes and drinks
104. Celebrate seasonal milestones such as the solstice, christmas, and others
105. Notice the sunrise and sunset, spend time appreciating the scenery
106. Gaze at the moon
107. Engage in activities/experiences that will make you laugh
108. Tell yourself or say "this is good enough.." which will allow you to move on

109. Say "I am good enough" (this works for some but not all, if you can't say it, I encourage you to work on and with yourself, or through therapy, until you can believe this). Consider: "I am good enough, and I always have room for improvement, to do better"
110. Poo
111. Pee
112. Drink water. First thin in the morning, start with water. Even if you drink lemon water, start the day with plain water
113. Drink yin-yang water. In Chinese medicine this is called yin-yang water_ Mix hot and cold water, and drink it in the morning.
114. Humming ([Find a Google doc on this here](#))

How do I do these? Give yourself permission to ...

Say it to yourself, I give myself permission to, then start acting or doing what you are giving yourself permission to do.

Other ideas from Wise Mindbody Healing:

<http://www.wisemindbodyhealing.com/articles/approaches-healing-modalities/mind-thought/general-self-care-wellness-strategies/>

Find a support network: This can include sober friends, friends who share your interests, friends who are living in a manner that you wish yourself to live, support groups, helping professionals, healing professionals, or family members. Having a support network can help you make the changes you desire to keep and make into normal habits; it can create a sense of belonging as well.

Stay positive: To stay positive, you have to first choose to be positive. If you struggle with negative thoughts, which then become your words, change your thinking. Be positive in the words you speak to yourself and others, and then your experience and reality will start to change to become more positive. Be impeccable with your words; your unconscious mind is always listening to everything you think and say. Changing the mental landscape will change the outer landscape. This is a fact.

Lend a helping hand: Volunteering can give you a sense of purpose, allow you to make a difference, socialize and make new friends. If you're in recovery from an addiction (such as alcoholism or other substances), attending an AA or AL-ANON meeting with the purpose of helping others struggling with alcohol can also be rewarding.

Get help when you need it: If you're struggling with a weight, mental health, general health or substance use issue, don't be afraid to seek or ask for help. In other words, give yourself permission and take the first step to allow for help to manifest in your life. Ask for help then accept help and love, this is the universe's, or god's, way of giving you love and aid. There are thousands of resources available all over the country to help you with whatever you're struggling with.

Catch some Zzz's: Getting enough sleep every night is important for your mind and your body. Some benefits include improved memory, reduced fatigue, sharpened attention, healthy weight and reduced stress. When you don't sleep well, your mood will be affected, your level of energy will be compromised and life might seem more difficult. Stay mindful and if you did not sleep well do not make important decisions and take it easy that day until you manage to go back to bed.

Join a hobby group: Whether you like sports, art or something else, there's a group for you. Check out [Meetup.com](https://www.meetup.com/) to find activities that interest you. There are thousands of groups all over the country centered around different hobbies, ranging from sports to writing to painting. By attending a group, you can make friends while doing something you enjoy. Tip: If you can't find a group near-by, start one of your own! Don't have the \$ (it is affordable) then find an existing group ask them if they would allow you to create events within their account. They also can allow you to use 1 of the 3 allowed groups per account (i.e. you can create your own group and be the admin without having to pay for it yourself). Then enjoy socializing and engaging in activities. If you crave something, chances are others also feel the same. You can be the one to capitalize on this need and set something for others to enjoy.

The problem is the solution: As absurd as this may sound, consider this idea.. If you are fatigued, find a physical activity or a social activity to engage in.

The way is through: If you hate or fear winter, find a reason to go outside in winter, dress well, be prepared and safe and experience winter. If you are afraid of being alone allow yourself to truly be alone and sit with yourself.. by facing these fears, they immediately lose their power over you.

Nature is medicine! Nature offers humans free healing and free therapy. Try nature therapy, forest therapy.. First decide on what you like, next go find it: A forest, a golf course, a beach, a trail, a mountain, a blue sky, or sun light... all of these are freely available. Set the intention to go out and be in nature. Allow this ancient healing presence to help you as it has helped billions of humans before us. Also, eat healthy natural foods, herbs, berries, bitters, fruit and spices.. These are full of healing chemical compounds and healing energy that can help balance your mind and body!

Sunlight (in moderation) alone will regulate your circadian rhythm, increase your level of energy, heal your skin, cause the creation of vitamin D, improve your eye sight and more.

Stretch! Watch a cat stretch, and emulate. Stretch and then stretch some more. Or try Dynamic Body Balancing. Unwinding and dissipate any excess energy, allow your lymphatic system to get refreshed, allow your energy channels to open.. You'll feel better, relaxed and also detox any energies or physical toxins that you are better off getting rid of!

Heal your unconscious mind: Go to a competent hypnotherapist, emotion code, body code, PSYCH-K, or muscle testing practitioner to learn more about your unconscious mind!

40 Bonus ideas:

1. Meditation: Practice mindfulness to calm the mind and reduce stress.
2. Reading: Engage in a good book that interests or inspires you.
3. Journaling: Write down thoughts, feelings, or goals to reflect and gain clarity.
4. Exercise: Engage in physical activities you enjoy, like jogging, yoga, or dancing.
5. Nature Walk: Spend time outdoors, connecting with nature.
6. Bubble Bath: Relax and unwind in a soothing bath with bubbles or essential oils.
7. Healthy Cooking: Prepare a nutritious meal that's both delicious and good for your body.
8. Art Therapy: Paint, draw, or engage in any artistic activity that brings you joy.
9. Yoga or Stretching: Practice stretching exercises or yoga poses to increase flexibility and relaxation.
10. Gratitude Practice: List things you're grateful for to cultivate a positive mindset.
11. Volunteering: Help others or contribute to a cause you care about.
12. Digital Detox: Take a break from screens and social media to recharge.
13. Mindfulness Walking: Pay attention to your surroundings and practice mindfulness while walking.
14. Tea Time: Enjoy a calming cup of herbal tea.
15. Music Therapy: Listen to or create music that uplifts your mood.
16. Aromatherapy: Use essential oils or scented candles for relaxation and stress relief.
17. Self-compassion Exercises: Practice self-compassion through affirmations or self-care routines.
18. Pampering: Treat yourself to a spa day or self-care treatments at home.
19. Gardening: Spend time nurturing plants or creating a garden space.

20. DIY Projects: Engage in creative DIY projects or crafts.
21. Positive Affirmations: Repeat affirmations that promote self-love and positivity.
22. Breathing Exercises: Practice deep breathing techniques for relaxation.
23. Dance Therapy: Dance freely to music to release stress and boost mood.
24. Sleep Hygiene: Prioritize quality sleep by maintaining a consistent sleep schedule.
25. Photography: Capture moments that bring you joy through photography.
26. Connect with Loved Ones: Spend quality time with friends and family.
27. Fictional Escape: Watch a favorite movie or TV show for entertainment.
28. Personal Development: Engage in courses or workshops to learn new skills.
29. Create a Vision Board: Visualize your goals and aspirations.
30. Singing: Sing along to favorite songs to elevate your spirits.
31. Audiobooks or Podcasts: Listen to motivational or educational content.
32. Socialize: Plan activities with friends or join social groups.
33. Relaxation Exercises: Practice progressive muscle relaxation or guided imagery.
34. Financial Planning: Organize finances and set goals for financial well-being.
35. Setting Boundaries: Establish healthy boundaries in relationships.
36. Feng Shui: Rearrange your living space for better energy flow.
37. Playfulness: Engage in activities that bring out your inner childlike joy.
38. Cuddle Time: Spend time with pets or loved ones for comfort.
39. Goal Setting: Set achievable short-term and long-term goals.
40. Laughter: Watch comedies or engage in activities that make you laugh.

Find more free resources on my website <https://ethanewise.com/>

Disclaimer: Practice common sense. None of this is medical advice. Your safety and decisions are completely up to you. Everything in this document is the author's opinion and personal preferences and choices and should not be taken as a prescription or as medical advice. You are encouraged to read on the things you want to try before trying them as to take full ownership of your mindful actions.

Last updated: ~~7/28/2025~~ 8/25/2025