50 Ways to Nurture Yourself from LifeOhm

01 Take a walk
02 Snuggle or pet your cat or dog
03 Reconnect with nature - go for a walk in the park, take a hike
04 Exercise
05 Dance or stretch to music
06 Plan or take a staycation or vacation
07 Take a break from technology
08 Get a manicure or pedicure
09 Practice yoga
10 Nurture your health - schedule appointments
11 Do something you've always wanted to do
12 Makeover your mornings
13 Schedule "you time"
14 Listen to a guided visualization
15 Change one thing to improve your diet
16 Sit and relax for 15 minutes
17 Meditate or pray
18 Get a massage
19 Take a nap
20 Hug someone, ask for a hug
21 Listen to music you enjoy
22 Sing
23 Call a friend or family member
24 Practice being present
25 Smile at a stranger and send them positive thoughts, peace, and joy
26 Play
27 Make a list of your accomplishments
28 Visualize your ideal future
29 Make a to-do list, prioritize
30 Practice saying affirmations, post your favorites
31 Read an uplifting book or magazine
32 Create an inspirational board on Pinterest, print it
33 Bake cookies and give them away
34 Do a craft
35 Buy art supplies and create a piece of art
36 Declutter and bless others with your extra items
37 Make a list of short and long-term goals
38 Hold a burning bowl ceremony
39 Have a nurturing weekend or getaway
40 Write thank you notes
41 Create a gratitude journal
42 Watch a funny movie
43 Buy flowers
44 Do something you love
45 Go to lunch with a friend
46 Have a special date night with your spouse or significant other
47 Spend time around water - at the ocean, lake, or river
48 Establish a wonderful tea ritual
49 Get a new hairstyle or makeover
50 Write or read poetry

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