

30 WAYS TO PRACTICE SELF-CARE



Exercise regularly

Write in a journal

Take three deep breaths

Bake something

Dance

Laugh

Get plenty of sleep

Prepare a healthy meal —
think energizing fruits and
leafy vegetables

Join a faith-based community

Diffuse essential oils

List 10 things you are grateful for

Light a scented candle

Listen to your favorite album

Unplug from technology for an hour

Have lunch with a friend

Tell someone something
that has been bothering you

Get outside and explore nature

Listen to a podcast

Buy yourself flowers

Join a book club

Watch a documentary

Do yoga

Engage in community service & help
others

Write a letter to a friend

Visit a museum

De-clutter your space

Drink more water

Window shop

Draw or paint

Visit your favorite store or coffee shop

MENTALLY HEALTHY NORFOLK

For more information, please visit
talkaboutitnorfolk.com.

For help with resources, please contact
The Chas Foundation at 757.489.2427.

