Self care ideas for Adults

Physical health

- Get enough sleep
- Reduce screen time
- Reduce caffeine
- Make wholesome healthy food
- Try an exercise video
- Get out and walk in nature
- Have a massage
- Hug yourself
- Have a power nap
- Stay hydrated
- Take a dog for a walk
- Take a relaxing bath
- Do a silly dance routine
- Keep all medical appointments
- Try a new exercise
- Wake up with a morning stretch
- Try a deep moisturising face mask
- Have your hair styled differently
- Take any medication you need
- Eat at least 5 a day fruit and veg
- Learn to relax your muscles

Emotional/mental health

- Express how you feel
- Find gratitude in your life
- Create positive affirmations
- Positive self talk
- Routine and structure
- Mood journal
- Positive memories
- Connect with others
- Practise mindfulness
- List of coping ideas
- Mindful colouring
- Breathing exercises
- Scale your emotions
- Take up a new hobby
- Find things to make you laugh
- Cry if you need to
- Watch a feel good movie
- Create a happy playlist of music
- Forgive yourself
- Organise your time
- Tidy up a room