

# 50+ FREE OR CHEAP SELF-CARE IDEAS

1. Watch the sunrise or sunset
2. Journal
3. Color
4. Sit outside and enjoy nature
5. Have coffee with a friend
6. Listen to a guided meditation
7. Read a good book
8. Knit or crochet
9. Listen to a podcast
10. Take a nap
11. Family game night
12. Bubble bath
13. Pray
14. Crank up the music and sing along
15. Watch a funny YouTube video
17. Listen to your favorite music
18. Dance
19. Go for a bike ride
20. Light a scented candle or diffuse essential oils
21. Play with your dog
22. Take a walk or hike
23. Pick flowers in your garden
24. Pull weeds or water your plants
25. Paint
26. Breathe slowly and deeply
27. Pet your cat
28. Write yourself a love letter
29. Do a crossword puzzle
30. Have a picnic
31. Write a thank you note
32. Call a friend
33. Go to the library
34. Have a snack
35. Do just one thing at a time
36. Take a vacation day
37. Walk along the ocean
38. Blow bubbles
39. Take photos
40. Sit in silence and do nothing
41. Re-read a favorite book from childhood
42. Feed the ducks
43. Take yourself out to lunch
44. Doodle
45. Cuddle with your partner
46. Speak up for yourself
47. Say “no” to something you don’t want to do
48. Star gaze
49. Take a class because you want to
50. Take a real lunch break during the work day
51. Go to a religious service
52. Go to bed on time
53. Look at photos of happy memories

