

# 20 Ways to Engage in Self-Care



1. Schedule a wellness check with your primary care provider.
2. Schedule regular dental cleanings
3. Eat a balanced and well-nourished diet.
4. Declutter and reorganize your home/space.
5. Drink lots and lots of water.

6. Practice good hygiene.
7. Practice mindfulness and meditation.
8. Engage in at least 30 minutes of physical activity at least 3 times per week (consult your doctor first).
9. Go for a walk and hike and nature.
10. Spend time with your loved ones.



11. Create and utilize a daily routine.
12. Take a daily nap.
13. Find a new hobby.
14. Write music, poetry, or journal.
15. Practice yoga.
16. Read, read, and read some more.
17. Write positive affirmations and post them everywhere.
18. Establish and utilize personal boundaries in your interpersonal relationships.
19. Listen to music and dance
20. Plan your future and set goals for yourself.

