

ACTIVITY MENU

IDEAS FOR HEALTHY SELF-CARE



Animals

- Pet an animal
- Walk a dog
- Listen to the birds



Be active

- Go for a walk
- Go for a run
- Go for a swim
- Go cycling

Use an exercise video at home



Clean

- Clean the house
- Clean the yard
- Clean the bathroom
- Clean the toilet
- Clean your bedroom
- Clean the fridge
- Clean the oven
- Clean your shoes
- Do the washing up
- Fill / empty the dishwasher
- Do laundry
- Do some chores
- Organise your workspace
- Clean a cupboard



Connect with people

- Contact a friend
- Join a new group
- Join a political party
- Join a dating website
- Send a message to a friend
- Write a letter to a friend
- Reconnect with an old friend



Cook

- Cook a meal for yourself
- Cook a meal for someone else
- Bake a cake / cookies
- Roast marshmallows
- Find a new recipe



Create

- Draw a picture
- Paint a portrait
- Take a photograph
- Doodle / sketch
- Organise photographs
- Make a photography album
- Start a scrapbook
- Finish a project
- Do some sewing / knitting



Expression

- Laugh
- Cry
- Sing
- Shout
- Scream



Kindness

- Help a friend / neighbor / stranger
- Make a gift for someone
- Try a random act of kindness
- Do someone a favor
- Teach somebody a skill
- Do something nice for someone
- Plan a surprise for someone
- Make a list of your good points
- Make a list of things or people you are grateful for



Learn

- Learn something new
- Learn a new skill
- Learn a new fact
- Watch a tutorial video



Mend

- Repair something in the house
- Repair your bike / car / scooter
- Make something new
- Change a lightbulb
- Decorate a room



Mind

- Daydream
- Meditate
- Pray
- Reflect
- Think

- Try relaxation exercises
- Practice yoga



Music

- Listen to music you like
- Find some new music to listen to
- Turn on the radio
- Make some music
- Sing a song
- Play an instrument
- Listen to a podcast



Nature

- Try some gardening
- Plant something
- Do some pruning
- Mow the lawn
- Pick flowers
- Buy flowers
- Go for a walk in nature
- Sit in the sun



Schedule

- Get up extra early
- Stay up late
- Sleep in late
- Tick something off your 'to do' list



Self care

- Take a bath
- Take a shower
- Wash your hair
- Give yourself a facial
- Trim your nails
- Sunbathe (wear sunscreen!)
- Take a nap



Try something new

- Try a new food
- Listen to some new music
- Watch a new TV show or movie
- Wear some new clothes
- Read a new book
- Do something spontaneous
- Express yourself



Watch

- Watch a movie
- Watch a TV show
- Watch a YouTube video



Write

- Write a letter with compliments
- Write a letter to your politician
- Write an angry letter
- Write a grateful letter
- Write a 'thank you' card
- Write a journal / diary
- Write your CV
- Start writing a book