



TREASURE KEEPERS

SELF-CARE IDEAS

<ul style="list-style-type: none">♥ Watch the clouds♥ Read a chapter of your current favourite book♥ Get a manicure/pedicure♥ Go for a walk♥ Style your hair♥ Invite a friend over for coffee♥ Treat yourself to a massage♥ Buy yourself something new♥ Take a bubble bath♥ Make jewellery♥ Write in a gratitude journal♥ Home décor♥ Use a facial mask♥ Put on your makeup♥ Cry it out♥ Therapy♥ Phone a friend♥ Learn a new hobby♥ Start a blog♥ Get a new haircut♥ Gardening♥ Watch a TV show you enjoy♥ Paint a picture	<ul style="list-style-type: none">♥ Healthy boundaries♥ Eat a healthy snack♥ Experience something new in your city♥ Clean in a way you can enjoy♥ Yoga♥ Sing a song you love♥ Dance!♥ Listen to a podcast♥ Medical and health appointments♥ Positive self talk♥ A glass of wine♥ Your favourite chocolate/treat♥ Go to the gym♥ Volunteer♥ Write in a journal♥ Join a class or course♥ Go get coffee with a friend♥ Bake your favourite cookies/cupcakes♥ Movie night	<ul style="list-style-type: none">♥ Slowly drink a cup of tea or coffee♥ Use a jet/pressure washer♥ Go for a drive♥ Complete a jigsaw puzzle♥ Put a deep conditioner on your hair♥ Burn incense♥ Indulge in a binge-watch of a TV show♥ Cross-stitch♥ Order delivery and take a break from cooking♥ Listen to music♥ Hire a cleaner to help with the housework♥ Take a jog through a park♥ Practice mindful breathing♥ Burn a candle	<ul style="list-style-type: none">♥ Listen to nature sounds♥ Learn something new♥ Read inspirational quotes♥ Declutter♥ Turn off your phone♥ Meditate♥ Go swimming♥ Play a board game♥ Cuddle with a pet♥ Prayer♥ Rest or get some much needed sleep♥ Tell someone a joke to make them laugh♥ Do something nice for someone else♥ Learn to say no♥ Draw
---	---	---	---

<ul style="list-style-type: none"> ♥ Colour in a colouring book ♥ Write a letter ♥ Skin care routine ♥ Take yourself on a date ♥ Wrap up in a cozy blanket ♥ Read a magazine ♥ Sit outside and listen to the birds ♥ Tell yourself “I love you” in the mirror ♥ Let go of something ♥ Make a vision board ♥ Watch the stars in the dark ♥ Lay on the grass in the sunshine ♥ Create a thankful jar ♥ Give a hug to someone you love 	<ul style="list-style-type: none"> ♥ Walk on the beach ♥ Buy yourself a new outfit ♥ Make a craft ♥ A night out with friends ♥ A day with no appointments or plans ♥ Acupuncture ♥ Play an instrument ♥ Watch a funny movie and laugh ♥ Turn on an essential oil diffuser ♥ Have a beach day ♥ Scrapbook your favourite photos ♥ Read daily affirmations ♥ Bike ride ♥ Play a video game 	<ul style="list-style-type: none"> ♥ Positive social media ♥ Listen to an audio book ♥ Buy yourself pretty flowers ♥ Take a long shower ♥ Exercise in a way that feels good to you ♥ Watch the sunset ♥ Take a woodland walk 	<ul style="list-style-type: none"> ♥ Visit a relative ♥ Do something you’re good at ♥ Set goals ♥ Play with therapeutic putty ♥ Crochet, knit, or sew ♥ Try learning something new ♥ Make a playlist of your favourite songs ♥ Get your wellies on and splash in puddles ♥ Relax in a hot tub
---	--	---	--

Informed in part by Thrasher, Kristen. Parenting the SPD Child : Strategies for Helping Your Child With Sensory Processing Disorder (p. 26). Thrasher Publishing House. Kindle Edition.