

Self Nurturing Activities:

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| Go for a walk | Work out at the gym |
| Talk to a friend | Join an aerobics class |
| Journal your feelings | Yoga |
| Read | Meditate |
| Watch a funny movie | Look at your photo albums |
| Pray | Talk to your loved one |
| Listen to music | Sit in the warm sunshine |
| Get your nails done | Warm your robe in the dryer |
| Get a massage | Sing |
| Buy yourself fresh flowers | Do 3 deep breathing exercises |
| Go to the zoo | Practice muscle relaxation techniques |
| Watch the sunset | Learn a new craft or hobby |
| Take a bath | Write a tribute to your loved one. |
| Wear comfy clothes | Go shopping with a friend |
| Sit in a Jacuzzi | Make lists |
| Hug a teddy bear | Play golf |
| Eat dinner by candlelight | |