

# Self-Care Idea List

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1. Define and follow a balanced sleeping schedule
2. Drink more water
3. Do something that engages your mind
4. Do something that relaxes your body
5. Do something that nourishes your spirit
6. Say no to something/someone: (you're no good to anyone if you are exhausted, resentful, and over-stretched)
7. Say yes to something/someone
8. Do something that allows you to express your creativity
9. Eat nutritiously and the right amount to nourish your body
10. Learn about something that you have been interested in
11. Practice compassion and understanding for your feelings and actions
12. Don't set unobtainable goals or unrealistic expectations for yourself
13. Slow down
14. Allow for a treat (whatever form that might take)
15. Do something that makes you laugh
16. Breathe deeper
17. Take a quiet moment (or several) by yourself
18. Reach out to a friend
19. Engage in some exercise or movement that feels nourishing and revitalizing
20. Trust your intuition
21. Listen to what your body needs
22. Feel your feelings - and express them in healthy ways
23. Reduce guilt - be clear on what you can and cannot control, and move on
24. Get organized
25. Stop criticizing your body
26. Allow yourself to disappoint someone
27. Write in a journal
28. Be mindful in any activity
29. Keep hopeful
30. Add your own: \_\_\_\_\_
31. Add your own: \_\_\_\_\_

\*Notice if you start to feel guilty or anxious about taking care of yourself. Challenge that feeling!

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