

1. Absolutely nothing
2. Affirmations
3. Aromatherapy with essential oils
4. Ask for (or buy) help
5. Brain game exercises
6. Perform breathwork
7. Challenge yourself
8. Clean (organize, declutter)
9. Color or paint
10. Cook a special meal
11. Create something (get crafty)
12. Drink a Cup of tea (or coffee)
13. Dance
14. Do a digital detox
15. Establish a skincare routine
16. Get waxed (eyebrows, etc.)
17. Practice eating “feel-good” food (intuitive eating)
18. Add some fresh flowers or house plants to your home
19. Play a game (video or traditional)
20. Write a gratitude list
21. Practice haircare
22. Hydrate/drink water
23. Journal
24. Just say no/set boundaries.
25. Listen to music



1. Make a drink. Smoothies are a great option.
2. Get or give yourself a massage
3. Master a new makeup look
4. Meditate
5. Monotask (stop multi-tasking)
6. Take care of your nails with a manicure and/or pedicure
7. Plan (It can be your ideal day or week, a future vacation, etc.)
8. Practice tapping for anxiety relief
9. Pray
10. Read a motivating or inspiring book
11. Retreat (at home, at a hotel, etc.)
12. Schedule YOUR medical appointments
13. Set goals
14. Sleep
15. Start a new hobby
16. Stretch
17. Take a candlelit bubble bath
18. Take a nature walk/hike
19. Take note of your mood so that you can get in touch with your feelings
20. Go to lunch or dinner with friends
21. Use vitamins and/or supplements
22. Volunteer
23. Watch a favorite television show
24. Watch online entertainment for a short period of time
25. Watch a motivating or inspiring movie
26. Workout/exercise
27. Practice yoga