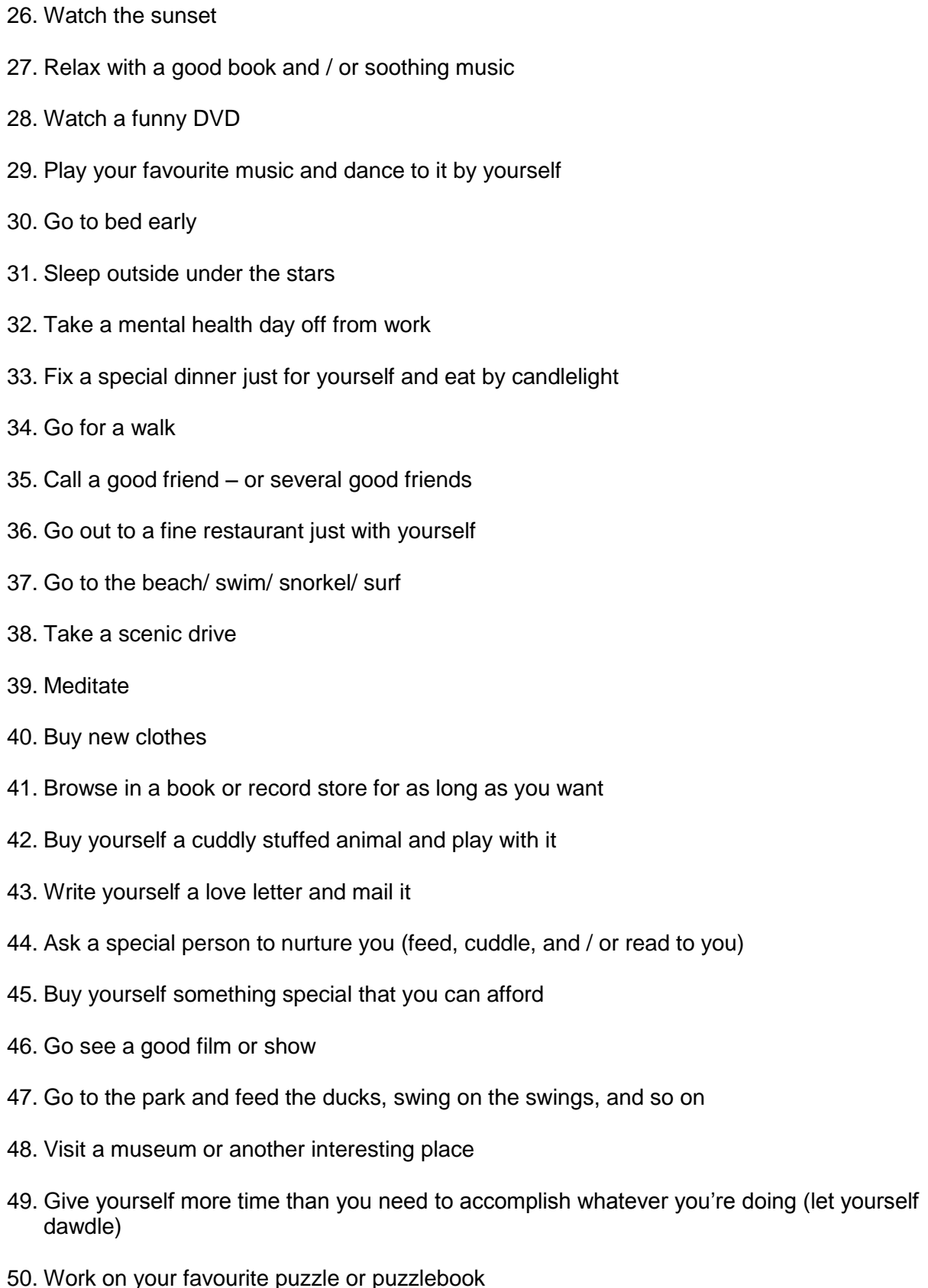


Self-Nurturing Activities to do Mindfully



1. Take a warm bath
2. Have breakfast in bed
3. Take a sauna
4. Get a massage
5. Buy yourself flowers
6. Take a bubble bath/ have a spa
7. Build something
8. Potter in the shed or garden
9. Write out an ideal scenario concerning a goal, then visualise it
10. Read an inspirational book
11. Write a letter to an old friend
12. Bake or cook something special
13. Go window shopping
14. Buy a meditation CD
15. Listen to a positive, motivational CD/ You Tube clip/ DVD
16. Write in a special diary about your accomplishments
17. Apply fragrant lotion to your hands and feet
18. Exercise
19. Sit and hold your favourite stuffed animal
20. Go to a pet store and play with the animals
21. Walk on a scenic path in a park
22. Visit a zoo
23. Have a manicure or pedicure
24. Stop and smell some flowers
25. Wake up early and watch the sunrise

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26. Watch the sunset
 27. Relax with a good book and / or soothing music
 28. Watch a funny DVD
 29. Play your favourite music and dance to it by yourself
 30. Go to bed early
 31. Sleep outside under the stars
 32. Take a mental health day off from work
 33. Fix a special dinner just for yourself and eat by candlelight
 34. Go for a walk
 35. Call a good friend – or several good friends
 36. Go out to a fine restaurant just with yourself
 37. Go to the beach/ swim/ snorkel/ surf
 38. Take a scenic drive
 39. Meditate
 40. Buy new clothes
 41. Browse in a book or record store for as long as you want
 42. Buy yourself a cuddly stuffed animal and play with it
 43. Write yourself a love letter and mail it
 44. Ask a special person to nurture you (feed, cuddle, and / or read to you)
 45. Buy yourself something special that you can afford
 46. Go see a good film or show
 47. Go to the park and feed the ducks, swing on the swings, and so on
 48. Visit a museum or another interesting place
 49. Give yourself more time than you need to accomplish whatever you're doing (let yourself dawdle)
 50. Work on your favourite puzzle or puzzlebook