



## Self Care activities

Choose one activity to do after each Own My Life course session	Session Number
Pick one thing that you need to do and get it done so it's off your mental "to do" list.	
Paint your nails (or ask someone else to paint them).	
Have a relaxing bath.	
Find a happy song to have a dance around your house to.	
Cuddle a pet/child/pillow.	
Write a list of 10 things you're grateful for.	
Send a message to a friend/family member to tell them what you appreciate about them.	
Go for a walk.	
Do some drawing/colouring in.	
Cook a nice meal.	
Phone or text a friend for a chat.	
For 3 minutes, lay on your back on the floor and listen to your breathing.	
Have a shower with all the lights off.	
Watch a YouTube clip of a comedian you find really funny.	
Reorganise a room in your home.	
Find a way to leave a message on a friend/family members voicemail, singing them a silly song.	
Write a letter to yourself or to someone you care about.	