

# KIRSTY RUSSELL CONSULTING



## 30 Ideas for Self-Care

Find a quiet spot and breathe	Draw or colour-in
Listen to a favourite song	Build something with Lego
Enjoy your daily bath/shower	Cook up a meal
Remember to look up at the sky	Have a coffee with a friend
Savour your favourite foods	Write things down (good and bad)
Buy yourself something - just for you	Sing or dance along to music
Say no to a request	Play a video game
Laugh at a movie or story	Sew, knit, crochet or cross stitch
Have a cry - let your emotions out	Complete a crossword or sudoku
Read a book or magazine	Go for a walk
Binge watch your favourite show	Have time in the garden
Sneak in some chocolate	Spend time with your pet
Indulge in a glass of wine	Take a nap
Play a game on your phone/tablet	Learn to meditate
Tackle a floor puzzle	Enjoy your favourite exercise