

# Some Self-Care Actions You Can Do

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## If you have no time:

Go barefoot  
Smile  
Practice kindness  
Practice patience

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## If you have 30 seconds:

Take a deep breath  
Give a hug  
Give a compliment  
Tell a story  
Ask for help  
Hum a tune  
Whistle  
Say “No”  
Stroke a pet

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## If you have 1-5 minutes:

Sing a song  
Listen to music  
Dance  
Take a break  
Focus on the positive  
Make a list  
Say a prayer  
Focus on your senses  
Eat a healthy snack  
Meditate  
Blow bubbles  
Lend a hand  
Prioritize  
Stretch  
Laugh out loud  
Tell a joke  
Tell a story  
Play with a dog  
Lie in the sunshine  
Chat with a coworker  
Sit still  
Set limits

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## If you have 5-10 minutes:

Have a cup of tea  
Walk in the train  
Take a bubble bath  
Focus on your senses  
Go to the beach  
Take a walk  
Have an idle chat  
Clean something  
Talk to a friend

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## If you have 10-30 minutes:

Watch a sunrise  
Keep a journal  
Get a massage  
Take some photos  
Read some fiction  
Take a country drive  
Arrange flowers  
Do a puzzle  
Paddle a canoe  
Write a poem  
Do Tai Chi  
Write a letter  
Take a nap  
Watch a sunset

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## If you have 30 minutes to an hour:

Hike in the woods	Watch a sunset
Keep a journal	See a movie
Get a massage	Move your body
Play a sport	
Sleep in	
Clean something	
Run	
Ride a bike	
Go to a place of worship	
Take a nap	
Write a letter	
Run in the park	

