

# 40 Self care tips

- Exercise/activity
- Take a walk/Run
- Stretch
- Deep breathing
- Talk to others
- Plan goals
- Meditate
- Be thankful
- Interact with animals
- Have fun
- Change environment
- Journaling
- Listen to music
- Monitor alcohol use
- Read
- Pray
- Go to firing range
- Laugh!!
- Be with friends/family
- Practice mindfulness
- Learn to say 'no'
- Surround self w/beauty
- Positive self talk
- Serve others
- Take a short nap
- Get some sleep
- Limit your exposure
- Improve time mgmt
- Hobbies/entertainment
- Cook something
- Chop wood
- Take a calming bath
- Go fishing
- Increase self awareness
- Physical contact
- Take a warm bath
- Reduce caffeine
- Schedule alone time
- Be creative
- Monitor tech usage