

LOVE THE LIFE YOU LIVE

Live the life you love
~BOB MARLEY

Self-care and self-nurturing are vital to your health for balance and self healing. During busy or stressful times it is even more important to stop and practice a little self love. As the flight attendants wisely advise, you have to put on your own oxygen mask before helping someone else. If you don't make the time to nurture and care for yourself, you will quickly become exhausted, rundown, dissatisfied and have less to give to others.

60 Ideas for Self Care and Nurturing

1. Meditate and/or pray daily
2. Start a journal
3. Register for a class or workshop on something that interests you, just for fun
4. Enjoy a nice meal alone or with a friend or loved one
5. Listen to music you love and sing or dance like no one is watching
6. Buy yourself some flowers or a plant
7. Draw, take an art class, make some art
8. Take a long walk
9. Get a massage
10. Pick up a magazine or book that speaks to you
11. Explore sensual and sexual pleasures
12. Cook, your favourite meal or experiment with new foods or recipes
13. Take a nap or give yourself rest breaks
14. Reward yourself (it doesn't need to cost anything)
15. Spend time in nature
16. Volunteer and help someone else
17. Spend time with your kids
18. Eat well and nourish your body
19. Meet up with a lost friend or loved one for lunch or dinner
20. Enjoy a steam bath
21. Take music lessons
22. Get a manicure or pedicure
23. Take dance lessons
24. Bake for someone else
25. Laugh
26. Enjoy a change of scenery
27. Learn to say no (with a smile!)
28. Take a long, hot bath, add some essential oils
29. Have a cup of herbal tea while doing nothing else.
30. Listen to or read uplifting literature
31. Ask for what you need
32. Practice deep breathing
33. Exercise
34. Do something you are passionate about
35. Surround yourself with positive people
36. Learn to let it go
37. Use positive affirmations
38. Practice Gratitude, keep a gratitude journal
39. Visit a farmers market and savour fresh foods
40. Take a break from technology
41. Learn yoga or do some stretches
42. Ask someone to mentor you
43. Go to a concert or theater
44. Go on a retreat
45. Write down your dreams and goals
46. Follow your bliss
47. Get enough sleep
48. Spend time near water
49. Seek new experiences or knowledge
50. Wake up earlier
51. Write a letter to or call someone you have lost touch with
52. Watch a sunrise or sunset
53. Revisit an old hobby or interest
54. Watch a movie
55. Enjoy rainy days
56. Spent time with your pet or get a pet – enjoy unconditional love
57. Plan a vacation or staycation (be a tourist in your own city)
58. Participate in playful activities
59. Plan a date night
60. Visit an elderly friend or relative, listen to their stories and wisdom



“Educating, inspiring, motivating and supporting people to eat well and live well. “Fostering Change” for a better, healthier you!”