

28 ways to practice self-care

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Create a wheel of life to reassess priorities and put goals in place to enhance life satisfaction.	Find a quiet space, and meditate for five minutes. It helps to de-stress your body and re-focus your mind.	Take 10 minutes to stand up and stretch . As well as improving your posture, it can also help prevent injury and promote relaxation.	Create a vision board to help reflect on your goals. It can help you gain greater self-awareness and increase optimism for the future.	Find a recipe and try cooking a new meal from scratch. It's a healthier alternative to processed food or takeaways, plus a chance to get creative!	Take a brisk 20 minute walk outdoors to support your physical health, boost your mood and promote a more restful sleep.	Write down three things you are grateful for. Doing this exercise daily can increase positive emotions and improve relationships.
Pick up a book and read before bed . It gives you a break from technology (which can disrupt sleep), and helps to reduce stress.	Try something new and take up a new hobby . It can help to give you a sense of accomplishment, and supports your overall wellbeing.	Practice active listening . This involves listening with our full undivided attention, rather than simply waiting to respond.	Plan something to look forward to in future. It provides us with positive anticipation, which helps us to feel more energised and motivated.	Create a personal playlist of songs that have meaning to you. Music releases pleasure hormones, which in turn can help reduce stress.	Do something that pushes you out of your comfort zone . Challenging yourself can help you to grow confidence and develop your resilience.	Volunteer some of your time to a charity or project you care about. It's an opportunity to make a positive difference and meet new people.
Have a social media detox and disconnect from your phone. It will allow you to have more time to yourself without being distracted.	Make a positivity box out of items that bring you happiness. You can then revisit this box to help boost your mood on days that feel challenging.	Try using a ' snackitivity ' approach to fit in physical exercise. Short bursts can mean it's easier to achieve the recommended 150 minutes of weekly exercise.	Invest in a house plant for your home or desk. They can help to reduce stress, blood pressure and reduce symptoms of anxiety and depression.	Try yoga , whether you attend a local class or use an online video. It can help to improve flexibility, increase muscle strength and calm the mind.	Try using the Pomodoro method to get through today's tasks. Short sprints can improve efficiency and help you to avoid distractions.	Take a 20 minute power nap . It can help to counteract tiredness, boost memory and cognitive performance.
Take a moment to check-in on others . Do you know someone who may be feeling lonely? Or who is going through a tough time?	Adopt a positive affirmation that you can say at the start of each day. It can help to boost self-esteem and reduce negative thoughts.	Indulge in a hot bath to relax your body. The heat can help to soothe muscles and reduce inflammation.	Drink more water to help get into the habit of keeping hydrated. It can help to prevent infections and keep our organs functioning well.	Carry out a random act of kindness to make a positive difference to someone's day. It can help to improve self-esteem and our sense of belonging.	Take some time to de-clutter a room in your home. It can help to relieve anxiety and promote a sense of tranquillity.	Spend some time outside in nature. It allows us to be fully present in the moment and can help to reduce symptoms of anxiety and depression.

Practicing self-care provides many benefits across physical and mental health. It also supports your relationships with others and your wellbeing at work. Although it's not always easy to make time for yourself, remember that even small acts can make a big difference! So whether you try an activity per day, or perhaps just a few a month, try to make some time for yourself and enjoy nourishing your body and mind.