Self-Care Techniques

We sometimes forget how to take care of ourselves when we’re stressed. The following is a list of self-care techniques that can be helpful.

The techniques are not presented in any particular order. Experiment with those that seem most appealing to you. If you like certain techniques, check them off so that you can easily find them. At the end, add other techniques you have found helpful in the past.

When you feel the need for TLC (tender loving care) check your list. We generally forget what will make us feel good when we most need it.

- Find a quiet place where you will be undisturbed
- Turn off your cell phone
- Listen to music
- Take a bath or shower
- Talk to someone you trust
- Read a book
- Drink a cup of herbal tea
- Go for a ride
- Take a nap
- Play sports
- Meditate
- Go window shopping
- Walk to the nearest park
- Cry
- Dance
- Watch television
- Laugh out loud
- Give yourself a compliment
- Seek support
- Drink 8 glasses of tap water today
- Clean your home
- Cook
- Do a project that you enjoy
- Exercise
- Write (journal, poem, short story)
- Draw, paint
- Play an instrument
- Sing
- Add other items that make you feel good

Remember, it is always appropriate to ask for comfort. Giving and receiving comfort is one of the pleasures of being human.