



SELF CARE

Ideas for Parents of Struggling Teens and Care-Givers

**Take time to
reboot, refresh,
relax, rejuvenate,
rejoice,
replenish, repair,
reduce stress
and count your
blessings.**

133 THINGS TO DO FOR YOURSELF

By Warrior Mom


Self care is the key to a healthy, happy and balanced life. As a parent to a struggling teen or a care-giver to others (your own parents, a relative, a friend) we often neglect our own needs and forget that we have to focus on ourselves, too. We can only help others when we are whole. It isn't selfish, but vital to our energy, stamina, mental health and spirit.

Begin with the basics: eat a sensible diet, get enough proper sleep, exercise, connect with loved ones and laugh. These things should be a daily priority!

After that, we must have intention to find a relaxing activity every day and a pleasurable activity every day. If there is a medical issue, put that at the top of the list and see a professional.

And remember, you are not alone! No matter what path you are on, everyone has "something" to deal with. Be kind to yourself. Allow yourself to be angry, sad or disappointed.





Then try to do something on this list. Or add your own self-care ideas to it. It might even be broken down into hours or minutes for those of us in crisis mode!

**Please share! When
we help others, we
help ourselves too!
Thanks for reading
My Warrior Mom Life
Blog.**

This list is a work in
progress.
I have added blank lines
at the end for
you to fill in yourself.

It is so important to find those
little things every single day.
Take some time NOW!

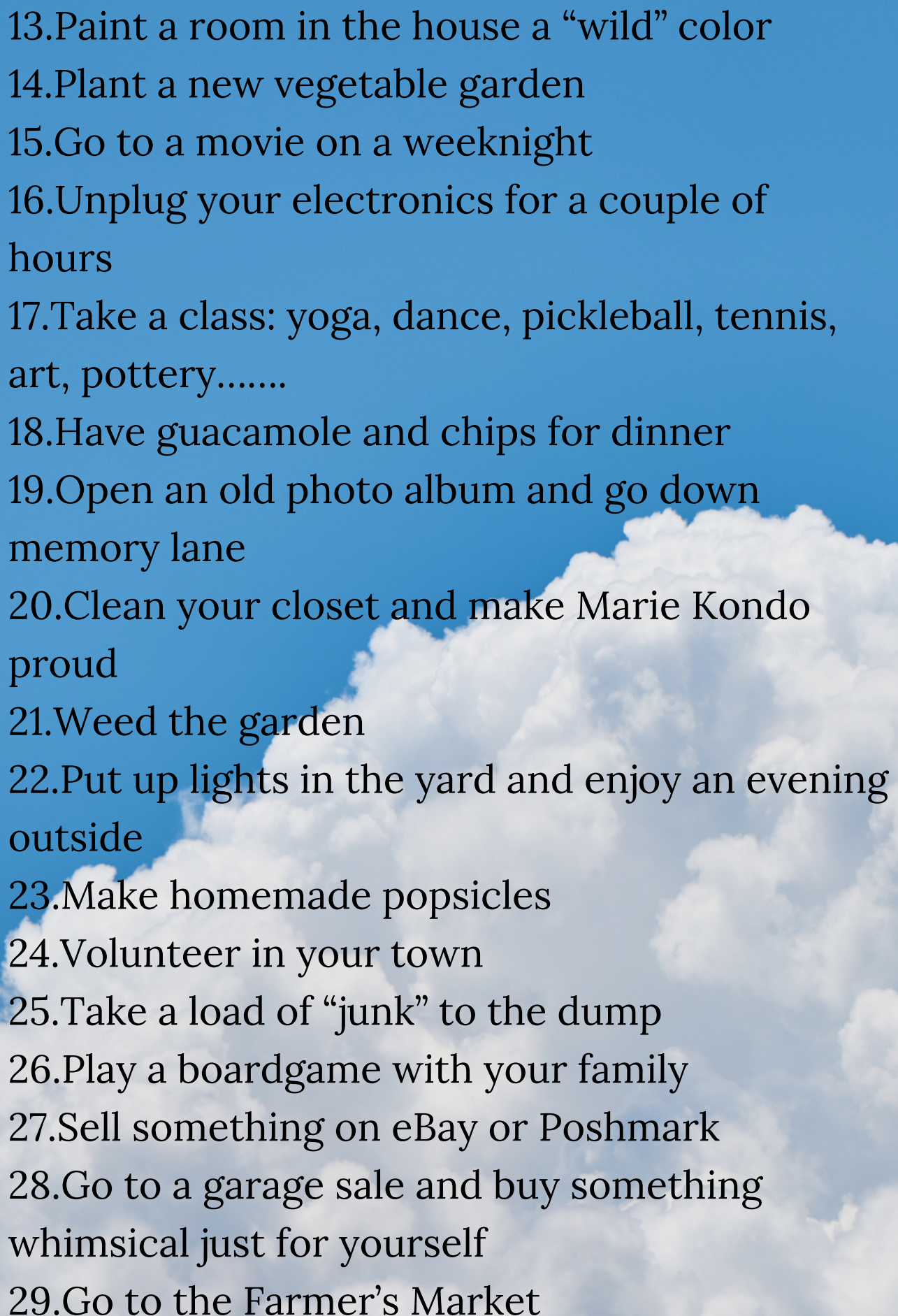
Self Care

133 Things to Do For Yourself

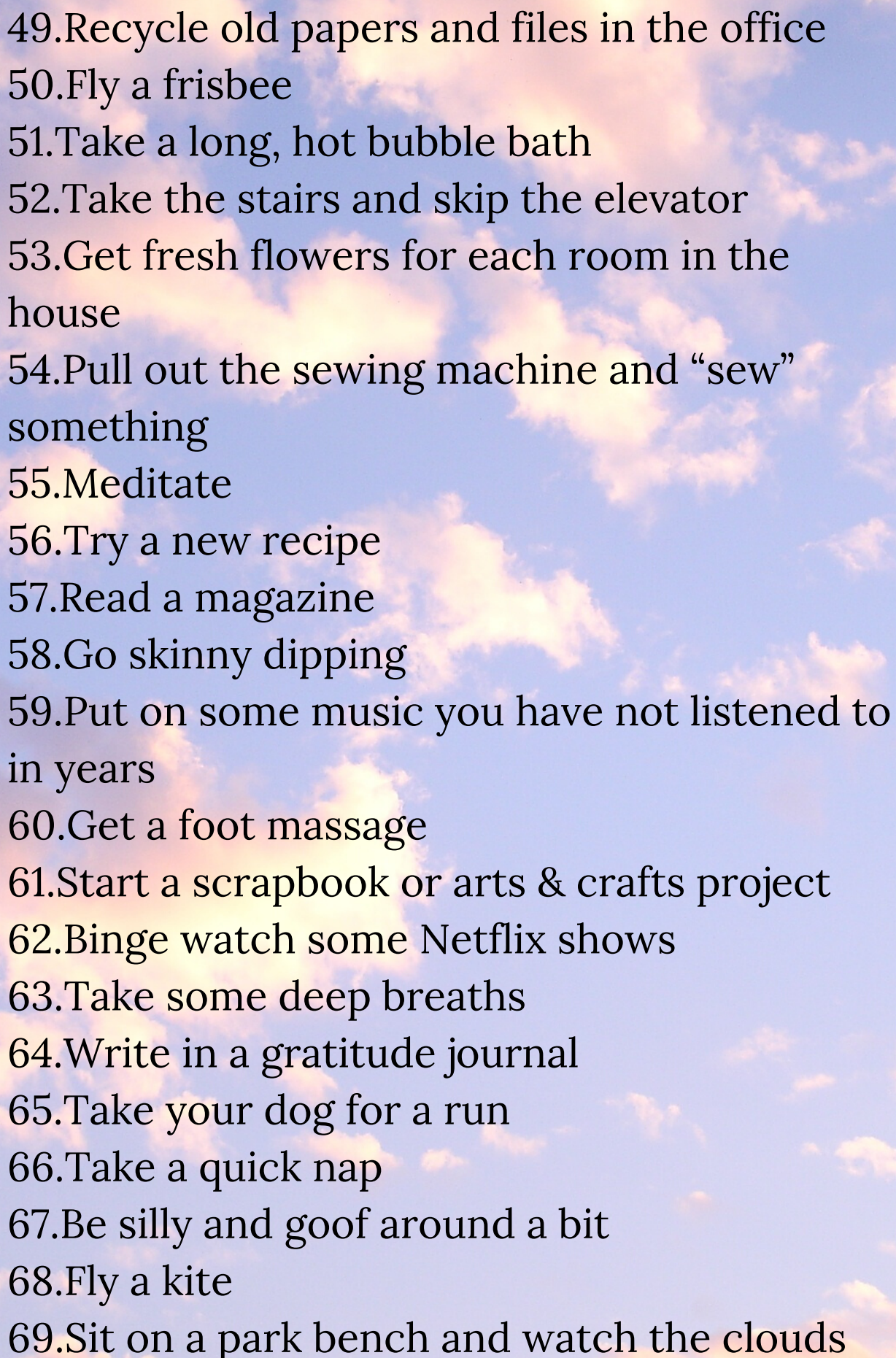
1. Swim laps at the local pool
2. Go for a walk in your neighborhood
3. Take a drive to check out a view
4. Sing loudly in the car (don't forget to roll up the windows first!)
5. Ride your bike to the local library and check out the latest fiction book
6. Go to the beach and make a sand castle
7. Pick up a "lucky" penny on the sidewalk (trust me, you can find one!)
8. Take an afternoon to be a tourist in your own town
9. Call a friend you haven't talked to or seen in a while
10. Start a blog
11. Take up a new hobby or re-start an old one
12. Sign up for guitar lessons with some pals

*Covid guidelines may not yet allow all items on list



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13. Paint a room in the house a “wild” color
 14. Plant a new vegetable garden
 15. Go to a movie on a weeknight
 16. Unplug your electronics for a couple of hours
 17. Take a class: yoga, dance, pickleball, tennis, art, pottery.....
 18. Have guacamole and chips for dinner
 19. Open an old photo album and go down memory lane
 20. Clean your closet and make Marie Kondo proud
 21. Weed the garden
 22. Put up lights in the yard and enjoy an evening outside
 23. Make homemade popsicles
 24. Volunteer in your town
 25. Take a load of “junk” to the dump
 26. Play a boardgame with your family
 27. Sell something on eBay or Poshmark
 28. Go to a garage sale and buy something whimsical just for yourself
 29. Go to the Farmer’s Market

30. Wash the car
31. Enter a photo contest
32. Get a coloring book and some new markers and have at it
33. Stay in your pajamas all day long
34. Make a container of sun tea
35. Invite a friend to go on a picnic
36. Write a thank you note
37. Turn off the news for a day
38. Clean out your purse or wallet
39. Say thank you at least ten times in a day
40. Try something new, anything out of your comfort zone
41. Open up your jewelry box and rediscover some old treasures
42. Repurpose an old piece of furniture
43. Play solitaire (with cards, not on your phone or computer)
44. Look up a random word in the dictionary
45. Make a fresh fruit pie
46. Go to a lecture or hear an inspirational speaker
47. Plan a trip or vacation
48. Put a jigsaw puzzle together

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49. Recycle old papers and files in the office
 50. Fly a frisbee
 51. Take a long, hot bubble bath
 52. Take the stairs and skip the elevator
 53. Get fresh flowers for each room in the house
 54. Pull out the sewing machine and “sew” something
 55. Meditate
 56. Try a new recipe
 57. Read a magazine
 58. Go skinny dipping
 59. Put on some music you have not listened to in years
 60. Get a foot massage
 61. Start a scrapbook or arts & crafts project
 62. Binge watch some Netflix shows
 63. Take some deep breaths
 64. Write in a gratitude journal
 65. Take your dog for a run
 66. Take a quick nap
 67. Be silly and goof around a bit
 68. Fly a kite
 69. Sit on a park bench and watch the clouds

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70. Write a poem
 71. Fill the green can with garden clippings
 72. Watch funny TV shows like I Love Lucy and laugh out loud
 73. Declutter a drawer
 74. Check in with elderly friends
 75. Watch some TED talks online
 76. Buy yourself a little bling
 77. Get a tattoo
 78. Listen to music: show
tunes/classical/country/classic rock/your fave
genre
 79. Donate to the local Food Bank
 80. Polish the family silverware
 81. Ride a horse
 82. Get a facial
 83. Take photos of a sunrise/sunset
 84. Make a shadowbox
 85. Write a fan letter to someone famous or
important
 86. Get tickets to a Broadway musical
 87. Delete unwanted photos from your phone or
computer photo library
 88. Make a giant flower arrangement
 89. Study a foreign language

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90. Do a crossword puzzle
 91. Play catch - grab the baseball gloves and ball
 92. Organize your recipes
 93. Form a book club
 94. Join a local support group
 95. Get a new hairstyle/haircut
 96. Spend the day in silence
 97. Frame a favorite family photo
 98. Have a coffee/iced tea/hot tea/soda just for the heck of it
 99. Drink more water
 100. Build a fire in the fireplace and curl up with a good book
 101. Prune the hedge
 102. Watch "Overboard", "Dirty Dancing" or _____ (fill in fave movie) again
 103. Hit a bucket of golf balls
 104. Go to the zoo
 105. Check out Brene Brown: books, Netflix, Ted Talk....
 106. Invite friends over for a meal for no reason at all

107. Take a load of clothes, household items to Goodwill or local charity
108. Say YES
109. Say NO
110. Treat a friend to lunch
111. Water the garden
112. Bake some chocolate chip cookies
113. Walk barefoot on a lawn
114. Run through the sprinklers on a hot day
115. Help a friend in need
116. Take photos of flowers in the neighborhood
117. Give something away – put it curbside with a FREE sign on it
118. Get the “Calm” app for your phone
119. Do one thing nice for someone and NOT tell them you did it!
120. Dance like no one is watching
121. Smile!
122. Scream into a pillow!
123. Write a positive post on someone’s social media page
124. Start a vision board

niture
pets
present” on

28. Gussy up
29. Shoot so
30. U f ll

the new ducks
ts!

30. Unfollow
31. Make so
32. Be a great

media
NOT!

A pink background with white daisies and horizontal dashed lines. The daisies are positioned at the top left, top right, and bottom left corners. The dashed lines are horizontal and span the width of the image.