



SELF-CARE RECHARGE IDEAS

HAVE A PLAN FOR YOUR OPEN TIME PERIODS

5 Free Minutes

- Deep breathing
- Listen to your favorite song
- Look at photos
- Aromatherapy
- Pray
- Watch a funny video clip
- Visualize your happy place
- Text someone you love
- Savor a cup of coffee/tea/chocolate
- Read inspirational quotes/verses
- Brain dump
- Pet your cat or dog
- Step outside to unplug
- Create a gratitude list

15 Free Minutes

- Sit down and do nothing
- Watch funny animal or baby videos
- Meditation
- Call someone who makes you smile
- Adult coloring book
- Journal
- Sit on porch and listen to birds
- Favorite brain game
- Play with your pet

30 Free Minutes

- Listen to inspiring or funny podcast
- Go for a walk
- Rest or nap
- Spend time outside
- Yoga
- Watch a funny show
- Read a book
- Foot or hand massage

60 or More Free Minutes

- Meet with a friend
- Buy yourself some flowers
- Eat a delicious meal
- Watch a funny movie
- Do something you loved as a child
- Exercise
- Get a massage
- Read through old journals
- Read a book
- Go on a hike
- Go window shopping
- Declutter or organize
- Redecorate a small area
- Call someone you love
- Enjoy being outside
- Try out a new recipe
- Lavender bubble bath
- Art or craft activity
- Gardening