

# **Self Care Suggestions**

## *From Other Volunteers*

### **Physical**

- Workout (2-3 times a week)
- Walk
- Aerobics
- Rollerblading
- Hike in the forest
- Ride horses
- Gardening
- Play loud music while cleaning
- Shop
- Laughing
- Eat ice cream w/sprinkles

### **Audio**

- Talk with friends, family, partner (everyday for support)
- Listen to music
- Sing (loudly by myself)
- Play instrument
- Nature tapes – wind, waves
- Listen to the rain
- Talk to self

### **Visual**

- Watch movies/TV (and eat popcorn)
- Read – books, poetry
- Watch sunset or sunrise
- Bird feeding/watching
- Go through picture albums and reminisce about happy times
- Watch the clouds change
- Read old letters (I've saved from the past 25 years)
- Look at the night sky

## Alone time

- Be alone
- Facials
- Take a midday nap on the couch with window open
- Hot bath and candles
- Sleep in or go to bed early
- Thinking/sorting
- Cross-stitch
- Work with ceramics/clay
- Herbal tea
- Whirlpool bath or bubble bath
- Dark room with candles lit
- Light candles
- Sauna
- Pray
- Paint fingernails/toenails
- Take a drive
- Sit in the sun
- Meditate

## Social

- Massage
- Talk to my cat
- Play with grandchildren
- Spend night out with a group of friends
- Play with cat/dog
- Eat out with a friend
- Cuddle w/my daughter
- Family time (at the park)
- Play pool
- Hugs
- Picnics