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