

## *24 Self-Care Practices You Can Do on Busy Days*

1. Put together a “go-to” box full of self-care products.	
2. Download the Calm or Headspace app and do a quick meditation. (Both have free 5-minute meditations on them.)	
3. Play some relaxing sounds (or wear earplugs or headphones that block out the sound) and write in your journal for 10 minutes.	
4. If you have kids, ask your husband or someone else to watch them while you take an entire evening to yourself.	
5. Create and commit to a skincare routine that you’ll do each morning and night.	
6. Do a media detox challenge.	
7. Do one of these short at-home workouts and then take an Epsom salt bath afterward.	
8. Get something done on your to-do list that you’ve been putting off for a while.	
9. Go for a short walk. (Do a “Walking Meditation”- which can be found on Youtube, Calm, or Headspace- while you walk.)	
10. Organize something in your life that feels out of control. (Maybe your closet, desktop files, phone photos, etc.)	
11. Plan something that you can look forward to. (Like a staycation, night in alone, night out with friends, etc.)	
12. Do a full nighttime self-care routine. (Include stretching, skincare, meditation, etc.)	
13. Go to the library and pick out a few books you’d like to read over the next few weeks.	
14. Do something to get out of your comfort zone.	
15. Create an Adventure Bucket List of things you want to experience within the next few months or year.	
16. Write down 5 people you’d like to rekindle or develop a stronger relationship with. (Do something for each of them over 5 weeks.)	
17. Buy a new vitamin supplement. (Do some research on what vitamins could help you with a specific problem you have.)	
18. Get 15 minutes in the sun.	
19. Wake up 20 minutes before everyone in your house so you can squeeze in some self-care.	
20. Try something different for exercise. (Go to a trampoline center, dance like no one is watching, go rollerskating, etc.)	
21. Try something other than a getting a massage for an indulgent self-care day. (Look up float spas and salt caves on Groupon!)	
22. Go on a hike.	
23. Go to a therapist. (Just talking to someone with an unbiased opinion will lift a weight off your chest.)	
24. Visit your local coffee shop or bookstore.	