60 Self-Care Ideas For Women
Checklist

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Self-Care Is...

- Taking personal responsibility for one’s own physical, emotional, mental and spiritual health
- Good for your mind, body, spirit, life, and soul
- NOT selfish
- A habit that makes you flourish, not just function
- A choice
- Preventive
- Imperative
- A deliberate effort
- Making yourself a priority
- A lifelong practice
- Empowering
- A lifestyle
- A ritual
7 Self-Care Strategies

☐ Make Yourself A Priority
✓ Be your own best caretaker as you are for others

☐ Don’t Apologize For Putting Yourself First
✓ There is no reason to be sorry for loving and taking care of yourself

☐ Ditch The Guilt
✓ Understand the big picture, without self-care you end up running on empty and you cannot care for or give to others from an empty cup

☐ Ditch Perfection
✓ Let go of perfection, it’s exhausting and nobody is perfect. Life is too short!

☐ Plan To Be Spontaneous
✓ Take advantage of the many opportunities throughout the day for self-care, small actions yield big results

☐ Make Self-Care Your Own
✓ Choose self-care techniques that help you to destress, stay calm, and take good care of yourself

☐ Create A Habit With Rituals
✓ Commit to doing some type of self-care activity each day, before long it will become automatic, and you will find the positive results motivating you to continue
60 Self-Care Ideas

☐ Have a support system
   ✓ Get help as you need it
   ✓ People to talk to and process emotions

☐ Learn to identify and process emotions

☐ Learn to say no
   ✓ Believe in it, practice it, and say it as needed

☐ Create and believe in your own boundaries
   ✓ Boundaries protect you from harm, just as the borders are there to protect countries

☐ Find solitude
   ✓ Clear your mind
   ✓ Gather your thoughts
   ✓ Slow down

☐ Practice mindfulness
   ✓ Focus on the present moment and really pay attention to what is going on
   ✓ Keeps you in the present moment
   ✓ Prevents senseless worry about the future and nagging thoughts of the past
- **Get a treatment at the salon**
  - ✔ Blow-out
  - ✔ Manicure
  - ✔ Pedicure
  - ✔ Anything that makes you feel good and renewed

- **Take a hot aromatherapy bath**

- **Do something that is fun, senseless and makes you relax.**

- **Create a morning routine**
  
  Morning rituals help get you centered for the day ahead
  
  - ✔ Mediation
  - ✔ Prayer
  - ✔ Visualization
  - ✔ Uplifting podcast
  - ✔ Exercise
  - ✔ Anything that works for you

- **Facial massage**

- **Read a book**
- **Spend time with friends**
- **Drink a hot cup of herbal tea**
- **Turn off all noise**
  - Find silence by turning off your phone, social media alerts
- **Cook Healthy Meals**
  - Keeps you grounded and in touch with what you are eating
- **Practice gratitude**
  - Be grateful for your job, all you have and your life it will keep you centered and more calm
- **Break free from negative and/or unhealthy people**
  - Their negativity drags you down
  - They are not likely to support your wellbeing
  - They cause you stress
- **Get up slowly without a blaring alarm**
  - It sets a calm tone for the day
- **Create a beautiful garden for yourself to sit in and relax**
  - Nature is soothing, calming, and restorative
- Practice deep breathing several times each day
- Meditate
- Do nothing
  - Take a few moments each day and do nothing but space out
- Plan periods of time without plans
  - Leave blocks of time during your weekly schedule to do nothing and have nothing planned
- Be spontaneous
  - Do something spur of the moment, take a drive, read, take a nap, go to lunch with a friend, or just watch TV
- Exercise and physical movement
  - Releases feel good chemicals in the brain
  - Reduces stress
  - Detoxifies the body
  - Greatly improves mood
- Take a scenic drive
☐ Practice yoga

✔ More than sixty benefits for mind, body, and spirit

✔ Effects stay with you long after each session has passed

☐ Have sex

✔ Promotes relaxation

✔ Stimulates release of feel good hormones in the brain

✔ Intimacy nurtures emotional health and feeds your soul

☐ Recharge with a spa day

☐ Practice positivity

✔ Miraculously healing

✔ Optimists live longer and handle stress much better than pessimists do

☐ Be okay with disappointment

✔ It’s okay to be disappointed with yourself

✔ It’s okay if others are disappointed in you
□ Be your own best friend

 ✓ Love
 ✓ Honor
 ✓ Support
 ✓ Respect
 ✓ Meet needs
 ✓ Be there for

□ Spend time alone to rest, refuel and regroup your mind and spirit

□ Create calming surroundings

 ✓ Get rid of clutter in your home, office, and car

□ Consider your friends and relationships

 ✓ Do they fulfill you, support your wellbeing, and inspire you to be your best, or do they drag you down?

□ Consider your routine

 ✓ Is it chaotic
 ✓ Does it make you crazy?
 ✓ Make changes as needed with a focus on your wellbeing

□ Make a list of your greatest qualities and read it often
- **Stare at the clouds**
  - ✓ Find some grass, lay down, and just watch the clouds float in the sky

- **Play like children do**
  - ✓ Childlike play feeds the spirit, and promotes emotional health

- **Scrutinize your schedule**
  - ✓ Is it overfilled? Are overly burdened?
  - ✓ Make every possible effort to eliminate things that cause overwhelm

- **Fix nagging annoyances**
  - ✓ These little things annoy and nag, and over time this can cause unnecessary mental and emotional burdens
  - ✓ Change that light bulb
  - ✓ Make that phone call
  - ✓ Fix that stuck drawer

- **Just one thing**
  - ✓ Do one thing that makes you happy every single day
  - ✓ Smell a flower, listen to your favorite song, hug yourself, think of those good things that feed your soul
☐ **Unplug**

- Unplug all electronics for at least half an hour each day
- Phone, laptop, tablet, social media, email alerts, landlines, all of it!

☐ **Evaluate your social media updates**

- Do you really need to be bothered with constant updates from 100 plus people?
- Information overload promotes stress and prevents your mind being calm and centered

☐ **Listen to your body**

- Listen for hunger, thirst, exhaustion, the need to rest

☐ **Dance**

- Great exercise
- Music helps release feel good hormones in the brain

☐ **Stretch**

- Destress and recharge

☐ **Plan your meals**

- Eat healthy by planning ahead and having it ready
- Avoid eating junk food when you get too busy to consider a healthy meal
- Practice positive self-talk
  - Positive affirmations remind you that you are worth it and deserve self-nurture to promote self-care actions

- Spend time in nature
  - Nature is soothing, refreshing and re-energizes the mind, and spirit

- Splurge
  - Buy yourself something self-indulgent, just because

- Get some sun
  - Spend a few moments in the sun each day, don’t forget the sunscreen

- Inhale wellness
  - Essential oils used in aromatherapy are therapeutic and help create a certain mood
  - Lavender for calm
  - Peppermint to boost energy, motivation, and mood

- Laugh regularly for the health of mind, body and spirit

- Take a quick nap
  - A nap that lasts between 10 to 20 minutes completely rejuvenates your mind and energizes your body so you can tackle anything that comes your way
☐ Take up a hobby or sport

☐ Candlelit dinner for one

  ✓ Take yourself out for a delectable gourmet dinner and celebrate your own company

☐ Journal

  ✓ Allows you to vent frustrations, process emotions and reflect

☐ Receive love freely

  ✓ Love is the ultimate healer, no matter how bad things get, love can pull you out

  ✓ Seek it, receive it and give it

  ✓ The best self-care medicine there is

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