THE BIG LIST OF SELF-CARE ACTIVITIES

Check the ones you are willing to do, and then add any activities that you can think of:

___ Talk to a friend on the telephone
___ Go out and visit a friend
___ Invite a friend to come to your home
___ Text message your friends
___ Organize a party
___ Exercise
___ Lift weights
___ Do yoga, tai chi, or Pilates, or take classes to learn
___ Stretch your muscles
___ Eat your favorite ice cream
___ Go for a walk in a park or someplace else that’s peaceful
___ Go get a haircut
___ Sleep or take a nap
___ Go outside and watch the clouds
___ Go jog
___ Ride your bike
___ Go for a swim
___ Go hiking
___ Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things
___ Go to your local playground and join a game being played or watch a game
___ Buy something on the internet
___ Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards, or hitting a tennis ball against the wall
___ Get out of your house, even if you just just sit outside
___ Plan a trip to somewhere you’ve never been before
___ Go to a spa
___ Go to a library
___ Go to a bookstore and read
___ Go to your favorite café for coffee or tea
___ Visit a museum or local art gallery
___ Go to the mall or the park and watch other people; try to imagine what they’re thinking
___ Pray or meditate
___ Go to your church, synagogue, temple, or other place of worship
___ Join a group
___ Write a letter to your higher power
___ Cook your favorite dish or meal
___ Cook a recipe that you’ve never tried before
___ Take a cooking class
___ Go out for something to eat
___ Go outside and play with your pet
___ Go borrow a friend’s dog and take it to the park
___ Give your pet a bath
___ Go outside and watch the birds and other animals
___ Find something funny to do, like reading the Sunday comics
___ Visit fun Web sites and keep a list of them
___ Watch a funny movie (start collecting funny movies to watch when you’re feeling overwhelmed)
___ Go to the movies
___ Watch television
___ Listen to the radio
___ Go to a sporting event, like a baseball game
___ Play a game with a friend
___ Play solitaire
___ Play video games
___ Go online to chat
___ Visit your favorite Web sites
___ Go shopping
___ Do a puzzle with a lot of pieces
___ Sell something you don’t want on the internet
___ Create your own Web site
___ Join an internet dating site
___ But something on the internet
___ Go for a drive in your car or go for a ride on public transportation
___ Eat chocolate (it’s good for you!) or eat something else you really like
___ Sign up for a class that excites you at a local college, adult school or online
___ Read your favorite book, magazine or newspaper
___ Read a trashy celebrity magazine
___ Write a letter to a friend or family member
___ Write things you like about yourself on paper
___ Write a poem, story, movie or play
___ Write in your journal
___ Write a loving letter to yourself when you’re feeling good and keep it with you to read when you’re feeling upset

Adapted from The Dialectical Behavior Therapy Skills Workbook. McKay et al. 2007, p. 15.
___ Call a family member you haven’t been spoken to in a long time
___ Learn a new language
___ Sing or learn how to sing
___ Play a musical instrument or learn how to play one
___ Write a song
___ Listen to some upbeat, happy music (start making a collection to play when you’re feeling upset)
___ Turn on some loud music and dance
___ Memorize lines from your favorite movie, play or song
___ Make a movie or video
___ Take photographs
___ Join a public-speaking group and write a speech
___ Participate in a local theatre group
___ Sing in a local choir
___ Plant a garden
___ Work outside
___ Knit, crochet, or sew—learn how to
___ Make a scrapbook with pictures
___ Paint your nails
___ Trim your nails
___ Change your hair color
___ Take a bubble bath or shower
___ Work on your car, truck, motorcycle or bicycle

___ Make a list of ten things you’re good at or like about yourself and keep it with you to read when you’re feeling upset
___ Draw a picture
___ Paint a picture with a brush or your fingers
___ Make a list of the people you admire and describe what it is you like about them
___ Write a story about the craziest or funniest thing that has ever happened to you
___ Make a list of ten things you would like to do before you die
___ Write a letter to someone who has made your life better and tell them why (you don’t have to send the letter if you don’t want to)
___ Create your own list of self-care activities
___ Other ideas: ____________________________
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