

50 Ways to Take Care of Yourself

1. Rest when you're tired.
2. Cry when you're sad.
3. Learn when to say NO.
4. Play with your favorite toys.
5. Ride a merry-go-round.
6. Eat healthy food.
7. Go for a walk.
8. Brush your teeth.
9. Visit with your best friend.
10. Hug a stuffed animal.
11. Say nice things to yourself.
12. Learn how to talk about your feelings.
13. Take a bath.
14. Be angry when you need to be.
15. Listen to the birds.
16. Read a book.
17. Color.
18. Laugh.
19. Eat when you're hungry, stop when you're full.
20. Talk to someone who really understands.
21. Make a new friend.
22. Exercise.
23. Listen to the rain.
24. Be honest with yourself and others.
25. Ask for help when you need it.
26. Play in water.
27. Wear your favorite clothes.
28. Look at the stars.
29. Plant something.
30. Pick some flowers for yourself.
31. Learn to listen to your body.
32. Get your back rubbed.
33. Write on the sidewalk with chalk.
34. Play make-believe.
35. Do something nice for someone else.
36. Listen to music.
37. Paint a picture.
38. Make a tent.
39. Learn about something new.
40. Turn off the television.
41. Listen to the silence inside you.
42. Take a nap.
43. Get a hug.
44. Spend time with someone who lets you be yourself.
45. Wrap yourself in a blanket.
46. Help someone who needs help.
47. Blow bubbles.
48. Sing a song.
49. Give yourself a big hug.
50. Celebrate you!