## 100 tips to take care of yourself

1. Read a whole chapter of that book you have been meaning to ﬁnish forever – no interruptions.
2. Spend 5 minutes soaking up the sunshine on your face.
3. Listen to an old favourite song that hasn’t been in your music rotation for months or years.
4. Grab a coffee to go and sit on the grass in the nearest park.
5. Have a soak in the bath for half an hour with Epsom salts and candles.
6. Indulge in a daydream or meditation for 20 minutes.
7. Pick a vegetable you don’t recognise at the grocery store and make a meal with it for dinner.
8. Offer to make dinner for a friend – ask them what their favourite dish is.
9. Get lost in a second-hand book store and keep an eye out for old notes hidden in the pages.
10. Wake up to watch the sunrise and enjoy the tranquillity of that time of day.
11. Go see a movie by yourself.
12. Plan time to watch your favourite sport live or on TV.
13. Have an afternoon nap guilt-free.
14. Give yourself a foot bath or have a sauna or spa at a gym.
15. Eat a random platter of your favourite snacks for dinner – olives, brie and caramel popcorn.
16. Have a real conversation with the person who lives next door, or call on an old friend.
17. Watch a TED talk on YouTube.
18. Change your phone screensaver to something that makes you smile.
19. Take up or return to bike riding, or learn to ride a motorbike!
20. Spend a morning taking photographs of your city – see what you’ve never noticed before.
21. Create a mocktail.
22. Have a glass of ice water with lemon and mint leaves in your favourite glass.
23. Spend 10 minutes writing down everything you are grateful for.
24. Watch a ﬁlm that you have always pretended to have seen.
25. Text an old friend and invite them for a chat. Have a conversation that is not about the

children.

1. Spend an extra ﬁve minutes in bed in the morning.
2. Sign up to a free online course – there are thousands available.
3. Melt down a chocolate block and add milk to create the best hot chocolate.
4. Try a gentle yoga or Tai Chi class.
5. Share one of your life dreams with a friend.
6. Start your own vegetable or herb patch or planter box in your garden or on your deck.
7. Cook something you have never made before. Flip through an old recipe book – searching for delicious treats.
8. Spend an hour or two at a free museum or art gallery.
9. Plan time in your alone space at home, e.g. garden, shed, veranda, bedroom.
10. Have dinner on your own in a nice restaurant – take time to really enjoy the food.
11. Read your favourite chapters from the books you love.
12. Go to a farmer’s market and stock up on fresh, seasonal, organic produce.
13. Take your bike for a leisurely ride and go to your favourite café, beach or river.
14. Rearrange your wardrobe and discover old clothes again.
15. Browse second- hand stores for a cool vintage jacket, shirt or dress.
16. Smile at the next person walking past you on the street, or everyone you see for a whole day.
17. Go for a walk or a run ﬁrst thing in the morning before anyone else is up.
18. Organise a date night with your partner, or a good friend once a week, fortnight, month.
19. When everyone is in bed, make a hot chocolate with a marshmallow.
20. Join a club – book club, men’s shed. Return to a sport/leisure activity you enjoyed in the past.
21. Start a blog where you can debrief, download or give advice.
22. Take up a new craft or skill – pottery, painting, martial arts, or motorbikes.
23. Buy your favourite magazine and spend an afternoon reading it.
24. Get a massage or facial.
25. Get a completely new haircut, style or colour.
26. Go ﬁshing with your mates.
27. Watch the Friday night footy with a friend – or on your own.
28. Find things that make you laugh – laughing is great therapy.
29. Play calming background music while you do your daily chores.
30. At the end of each day tell yourself one positive thing that has happened.
31. Download a free mindfulness app and ﬁnd 10 minutes to give it a try.
32. Take a break from social media for a day or more.
33. Borrow or download an audio book. Listen to it while you do the housework.
34. Have a technology-free weekend – no phone, computer, TV, movies etc.
35. Go for a bike ride in the park or bush.
36. Crank up your favourite song from when you were 16 and ﬁrst got your licence- sing it loud

and proud in the car- in the shower- wherever!

1. Google dad jokes and roll a couple out each day.
2. Pick some flowers – or buy some – arrange them in your favourite vase and take time to enjoy

them.

1. Find an inspirational quote that means something to you and carry it with you - “Being happy with who I am now means I enjoy living in the moment.”
2. Read the local free paper to ﬁnd out if there are any events in your community that interest

you.

1. Go to the beach, collect shells and put your toes in the water.
2. Follow your favourite comedian on YouTube or social media – watch a clip every now and then.
3. Find that quiet spot and sit for ﬁve minutes with eyes closed.
4. Lie on your back in the garden at night and look at the stars.
5. Write three things you are grateful about in your journal every week.
6. Have a mental health check, e.g. Black Dog Snapshot https://snapshot.blackdoghealth.org.au/
7. Ask the next person you see what their passion is - then share your inspiration with them.
8. Plan time for your hobbies, spend time in the shed, the garage, at the beach, etc.
9. Buy your favourite chocolate bar and sit in peace and quiet and just eat it slowly, enjoying every bite.
10. Do a jigsaw puzzle.
11. Buy a model kit of your favourite car/bike/plane and spend 30 mins a day working on it.
12. Buy a mandala colouring-in book and some good pencils.
13. Listen to an inspirational podcast on your drive to and from work.
14. Turn off your phone for a day.
15. Prioritise what actually has to be done today. There is always tomorrow.
16. Take up a good habit and make it part of your routine, e.g. night or evening stretch.
17. Place a ‘me’ mantra somewhere you go every day, e.g. your mirror, inside your cupboard.
18. Plan a time for yourself by asking a relative or respite group to support you to have some time once a month.
19. Be kind to your mental health by seeking assistance from professionals when needed.
20. Make time once a month to catch up with old mates who mean a lot to you.
21. Go to bed when the kids go to bed and get some extra sleep once a week.
22. Make a gratitude list that goes on the fridge for everyone to contribute to – it could be words, pictures, photos. Great for when you need a little boost.
23. Make sure you get your daily dose of sunshine – summer and winter.
24. Be easy on yourself. Pace yourself for the long haul.
25. Remember the basics. Diet, exercise and sleep.
26. Find a special activity that you and your children can enjoy.
27. Give yourself permission to not be perfect.
28. If you like to stretch your mind do a crossword or a Sudoku puzzle once a week.
29. Go to the library and browse the aisles. Borrow a book you have always wanted to read.
30. Listen to a Positive Partnerships Podcast available for free on Apple iTunes.
31. Have a clean-out of a room. You might ﬁnd some interesting things you’d forgotten about, and

you can feel better when you are done.

1. Take up an ‘old school’ activity – Hula hoop, Quoits, elastics, bull rush, skipping rope, sack races, three-legged race, or hopscotch. Have a laugh and teach it to your kids.
2. Buy a block of dark chocolate for yourself. Treat yourself to a row a day.
3. Light your favourite scented candle.
4. Rearrange some furniture. Changing the environment could help you feel refreshed.