

Free or Really Cheap Self-Care Ideas

- Paint your own nails
- Take a bubble bath
- Read a book/your Bible
- Color your own hair
- Listen to music
- Exercise
- Color in a coloring book
- Light candles
- Visit a friend
- Put on makeup
- Have dessert
- Declutter
- Watch funny videos on YouTube
- Take a walk
- Buy flowers for yourself
- Paint something
- Make a craft
- Watch the sun set
- Sit outside on a warm day and soak up some sun
- Have dinner delivered to your house
- Stretch
- Write in a journal
- Bake cookies
- Give yourself a facial
- Drink a relaxing, hot tea
- Play a musical instrument
- Ride a bike
- Use a foam roller to release tension in your body
- Go to bed at a decent time
- Sleep in
- Listen to a TED Talk
- Plant something outside
- Play in the snow
- Take a walk in the rain on a summer day
- Take a long shower
- Stargaze
- Wear your favorite perfume
- Stay in your pajamas all day
- Relax with a heating pad or rice sock
- Wet a washrag, warm it in the microwave, then put it on your face
- Make your favorite meal
- Create a vision board
- Netflix binge watch
- Listen to a podcast
- Be still and focus on your breathing
- Take a nap
- Look at old photos
- Create a scrapbook
- Take a drive alone and crank up the radio