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
___ Call a family member you haven’t 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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Adapted from *The Dialectical Behavior Therapy Skills Workbook*. McKay et al. 2007, p. 15.