

Shelter in Place Self-care Ideas

Create a “joy box” filled with small items that remind you of your favorite things and positive memories

Organize a shelf or drawer

Practice aromatherapy

Take a shower or bath

Exercise moderately for a short time

Be creative :[doodle, draw, paint, knit, crochet, sew...](#)

Spend time/play with your pet

[Try focused breathing](#)

Get outside

- Sit and watch clouds
- Walk your neighborhood
- Garden

Do that nagging task or errand

[Clean](#)

Cook a healthy dish you enjoy

Create patterns

- Hand squeezes
- Clapping
- [Dance](#)
- [Nature items](#)
- Coins

Drink a cup of water or tea

Look at [oddly satisfying](#) things

[Spend time in a peaceful location in your home](#)

[Try a new recipe](#)

Put together a jigsaw puzzle

Look at the moon and stars

Get active

- [With GoNoodle](#)
- [Yoga](#)
- [Do Tai Chi with the family](#)

Get a [“Sensory Snack](#)

Pick or [make flowers](#)

Listen to a podcast

Give or get a hand or foot massage

Cook a favorite healthy dish

Read or watch something funny

Music

- Sing
- Play a musical instrument
- [Listen to classical music](#)
- Dance to upbeat music

Sort things by color

- Buttons
- Beads
- Books
- Crayons/markers

[Travel virtually](#)

Read a book

[Visit a virtual library](#)

Think about someone who cares about you

Reach out to a friend

- Text Phone a friend
- Zoom or Facetime
- Letter or postcard

Do a [Sudoku](#) or Word Puzzle

Connect with your spiritual side

Learn about your culture

[Play a grounding game](#)

Remind yourself of the things you have handled before that were difficult

Think about things from several [perspectives](#)

Let yourself cry

Ask someone for help

Journal about your thoughts, feelings and hopes

[Try the Emotional Freedom Technique-“Tapping”](#)

Engage in positive self-talk

[Do a connection activity](#)

Read something you find inspiring

[Plan something enjoyable](#)

[Look at something interesting](#)

Reconnect with a healthy person from your past

[Reach out to someone with a similar lived experience](#)

Live according to your values

[Book an appointment to speak with a therapist](#)

Self Care:

A daily practice that benefits brain, body and family

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