60 Ways to be Kind to Yourself

Making a plan for how to be kind to yourself should be personal and unique to you. As you create your list, think about how you can tap into your...

- Emotional Self (thoughts & feelings)
- Physical Self (health)
- Creative Self (writing, art & music)
- Spiritual Self

By tapping into each of these 4 areas, you can create a list of kindness and self-care that will be both helpful and well-rounded. Check out the list below to help you get started.

```
1. Feel your feelings
2. Laugh
3. Cry
4. Admit your mistakes
5. Forgive yourself
6. Accept imperfections
7. Leave failures in the past
8. Stop negative thoughts
9. Avoid triggers
10. Don’t compare yourself to others
11. Be patient with yourself
12. Learn to let go
13. Forgive others
14. Look at different perspectives
15. Be open to change
16. Have realistic expectations
17. Know your limits
18. Say No
19. Don’t give up
20. Reject hopelessness
21. Stand up for yourself
22. Be curious
23. Don’t be a victim
24. Empower yourself
25. Identify your strengths
26. Appreciate your uniqueness
27. Avoid drama and chaos
28. Simplify
29. Be present in the moment
30. Unplug
31. Treat yourself to something special
32. Learn something new
33. Do routine tasks in a new way
34. Find a purpose
35. Acknowledge accomplishments
36. Recognize the good
37. Hope for the best
38. Listen to your heart
39. Find joy in simple pleasures
40. Be your own cheerleader
41. Create a gratitude list
42. Surround yourself with good people
43. Focus forward
44. Relax/Recharge
45. Create a happy/safe space
46. Make a (happy) memory box
47. Stretch, walk, exercise
48. Get fresh air & sunshine
49. Eat/drink healthy
50. Pray/Meditate
51. Sleep/nap
52. Take a shower/bath
53. Read a book/Watch a movie
54. Yoga
55. Cook or bake
56. Listen to or play music
57. Make a collage of happy things
58. Journal your thoughts & feelings
59. Create: crafts, artwork
60. Write: stories, poetry, lyrics
```

Ways I Can Be Kind To Myself:

YOUR Life YOUR Voice

www.yourlifeyourvoice.org