

# 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.

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

Ways I Can Be Kind To Myself:

YOUR Life YOUR Voice

[www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)