

Self-care is unique to everyone, but here are some tried-and-tested ideas and activities that many people find helpful. Best of all they can be done quickly!

You probably have your own methods you use to pick yourself up, but sometimes it can be fun (not to mention good for the brain) to try something totally different – why not give each of these a number, roll a die and see what comes up? Or you could cut them up and put them in a jar (maybe along with some of your own existing ones) and draw one out each day?

Enjoy – having fun is a crucial part of self-care!

Put on your favourite (up tempo) song and dance along as energetically as you can	Write down 3 things you are grateful for today	Give something away – use freecycle or one of the many local pages on social media to donate an item you no longer need
Walk as briskly as you can for ten minutes (preferably outside!)	Buy yourself something you would normally only get somebody else as a gift – flowers or a box of chocolates maybe?	Try geocaching!
Pick up a book or poem you've read previously and enjoyed. Spend ten minutes getting lost in that world again.	Sing a song you love	Spend some time colouring (there are lots of books available, or pictures you can download)
Pay somebody a compliment (it will make you both feel good)	Turn off your phone	Take a ten-minute nap! Preferably with a warm blanket and cosy pillow...
Go outside and take photos of something in nature	Listen to a podcast or read a blog	Write down your thoughts: set a timer for 6 minutes and just write without stopping