

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
- Give your pet a bath
- Do yoga, tai chi, or Pilates, or take classes to learn
- Paint your nails
- 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 sit outside
- Plan a trip to somewhere you've never been before
- Go to a spa
- Go to a library
- 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
- Change your hair color
- Trim your nails
- 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
- Buy something on the internet
- Get a massage
- 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

- 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
- 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
- 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
- Work on your car, truck, motorcycle or bicycle
- 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
- Take a bubble bath or shower
- 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: _____
- _____
- _____
- _____
- _____

Adapted from The Dialectical Behavior Therapy Skills Workbook. McKay et al. 2007, p. 15.

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