

# SELF-CARE SPINNER

## SELF-CARE IDEAS

*by Deana Slater*

- Dance
- Eat something healthy
- Go for a bike ride
- Try yoga or Pilates
- Play a game
- Draw
- Wrap up in a blanket
- Exercise
- Sing
- Call a friend
- Drink tea/warm drink
- Go swimming
- Aromatherapy
- Breathe deeply
- Create a morning or evening routine
- Go to church
- Jump in puddles
- Eat a meal you enjoy
- Sleep in
- Walk on the beach
- Watch a movie
- Journal
- Go for a hike
- Bake
- Delete items from your to-do list
- Do a random act of kindness
- Have a picnic
- Take a walk
- Look at the clouds
- Go to bed early
- Volunteer
- Be alone
- Take a shower and enjoy it
- Call someone who makes you feel good
- Go away for the night
- Look at the stars
- Try guided imagery (YouTube has great options)
- Color
- Go for a drive
- Meditate
- Make a doctor's appointment
- Cook a meal
- Be kind to someone else
- De-clutter
- Light a candle
- Read a magazine
- Go out with friends
- Smile (and hold it for 30 seconds)
- Turn your phone off
- Be crafty
- Garden
- Get some pampering done: a manicure or massage
- Create a mission statement
- Go to the park
- Find an inspiring quote and repeat it daily
- Indulge in a treat
- Paint (try a painting class)
- Look at old photos
- Take a bath
- Think positively
- Listen to an audio book
- Pet an animal
- Laugh
- Go out on a date
- Write a letter
- Visit a dog park and watch the dogs play
- Listen to rain
- Start a gratitude journal
- Read a blog on self-compassion
- Organize your day
- Go to the zoo
- Sit outside
- Snuggle with someone
- Listen to music
- Stretch
- Watch home movies
- Take some photos of things that make you smile
- Watch TV
- Write down your negative thoughts and throw them away or burn them
- Sit quietly at home
- Watch baby animal videos
- Write down 3 things you're thankful for
- Meet a friend for coffee
- Watch a show on Netflix
- Pray
- Read a book
- Stop what you're doing and simply breathe
- Sit and listen to the sounds of nature
- Talk about your feelings with someone who will listen
- Plant something
- Have dinner with your friends
- Stay off of social media for an hour (or more!)
- Watch the sunset (or sunrise)
- Wear something that makes you feel good
- Visit the library

*This activity was provided by Deana Slater, BSW, MEd, RSW for **A Handbook for Supporters: Extending Compassion and Support to Grieving Youth** by The Children and Grief Network and was reproduced here with permission. **Deana has a private practice - Deana Slater Counselling Services - where she provides counselling to youth and adults who are struggling with grief, trauma and other life challenges. She also works at Sunnybrook's Odette Cancer Centre helping patients access prescriptions for treatment.***

*This activity has been adapted to the Reflect Connect Apply methodology used by **Right to Play**.*

***Right To Play** is an international organization that uses the transformative power of sport and play to educate and empower children and youth living in adversity to overcome the effects of poverty, conflict and disease. Partnering with more than 85 First Nation, Métis and Inuit communities and urban organizations across four provinces, the PLAY program is led by locally-hired Community Mentors who are trained and supported by Right To Play staff to implement regular weekly play-based programs that build and enhance essential life-skills. We would like to thank **Right To Play** for sharing the organization's experiential learning methodology (Reflect – Connect – Apply) for the activities included in this resource to support youth through their grief. To learn more, visit **Right To Play's** website or email [canada@righttoplay.com](mailto:canada@righttoplay.com).*

