

Quick Self-Care Practices for Busy Days

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- ▶ Make yourself your favorite cup of coffee, tea, or beverage
- ▶ Take 5-10 deep breaths and close your eyes for a few minutes
- ▶ Listen to your favorite music or podcast
- ▶ Step outside for 5 minutes or go for a quick walk
- ▶ Stretch your body or engage in physical movement
- ▶ Write down 3 things you are grateful for today
- ▶ Declutter an area at your desk or around the house that has been bothering you
- ▶ Look at some photos from your favorite memories
- ▶ Mindfulness activity
 - 5 THINGS YOU CAN SEE
 - 4 THINGS YOU CAN FEEL
 - 3 THINGS YOU CAN HEAR
 - 2 THINGS YOU CAN SMELL
 - 1 THING YOU CAN TASTE
- ▶ Gently massage muscles that feel tense
- ▶ Massage your scalp
- ▶ Look up and read an inspirational quote
- ▶ Dress up or make yourself look presentable
- ▶ Put on some comfy clothes
- ▶ Engage in laughter
 - TELL SOME JOKES WITH PEOPLE AROUND YOU
 - THINK OF A TIME WHEN SOMETHING FUNNY HAPPENED
 - WATCH SOME QUICK FUNNY VIDEOS
- ▶ Make a delicious meal
- ▶ Call or talk to a friend or family member
- ▶ Get rid of something you don't use anymore
- ▶ Write down all your thoughts in a journal
- ▶ Cry when you are feeling emotional
- ▶ Give yourself a hug
- ▶ Compliment someone else

At Home

5-MINUTE SELF CARE IDEAS



put out flowers



make art



organize a
bookshelf



do a photoshoot



change your sheets



play an instrument



clean



play with your pet



use an adult
coloring book

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Outdoors

5-MINUTE SELF CARE IDEAS



get some sun



go for a bike ride



take a quick walk



do some gardening



lie in a hammock



sit near some
water



go stargazing



watch a sunrise
or sunset



get out in nature

Spa-Inspired
5-MINUTE SELF CARE IDEAS



meditate



listen to a
sound bath



light a candle



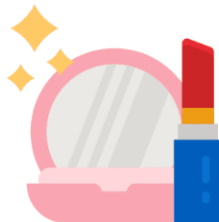
do your skincare
routine



make a self
love list



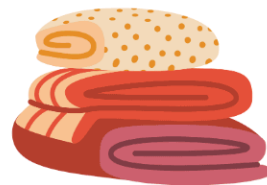
do yoga



play with makeup



use the 4-7-8
breathing method



use a weighted
blanket



listen to nature
sounds



take a shower



do a face mask

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