

Self care ideas

- Have a nap
- Take a day off work – don't wait til you're sick, take a "well" day
- Have a massage, facial, manicure, pedicure
- Have an ADVENTURE DAY (do something you've always wanted to do – be a tourist in your own town, go roller skating, try a new cuisine, get out of your comfort zone)
- Have a long hot bath (put Epsom salts in to relax!)
- Watch a movie (soppy ones or funny ones recommended, no documentaries)
- Buy yourself some flowers
- Order takeaway for dinner
- Feel the rain or the sun on your face
- Get into the garden
- Walk in the bush or on the beach
- Sit and listen to your favourite CD
- Make a Delights List that you can look over and remember the feelings from – smells you love, sounds you love (for me things like the sound of children laughing, the smell of fresh coffee and mown grass, the excitement when I see pictures of New York city bringing back memories of being there)
- Write in a journal
- Sit in a coffee shop and people watch
- Book yourself on a retreat at a health centre
- Do something creative (draw, paint, knit, sew, play a musical instrument)
- Dance
- Play on the swings at the park
- Sit in the garden with a cup of tea and daydream
- Have a movie marathon of your favourite series (Twilight anyone?)
- See an energy healer
- Have a laugh with a friend
- Browse through a bookstore

Self Care Ideas

- Have a games night
- Write thank you notes to people who have helped or inspired you
- Write a love letter -to yourself, your partner or anyone you love
- Listen to some meditation
- Go for a walk with your camera and take photos of things you come across
- Practice a random act of kindness (I love this one! So fun to pay for the coffee of the person in front of you in the drive-through and see the look on their faces)
- Do absolutely NOTHING
- Walk through an art gallery and admire the work
- Stay in your pyjamas all day
- Apply for your dream job
- Read a book – NOT anything to do with Autism or cooking or therapies
- Let go – of things and people that drain you
- Lay on your back and look up at the clouds
- Explore your local area and go to places you've never been before
- Call an old friend
- Make a 'bucket list' – all those things you want to do in your life
- Then do something off your bucket list
- Watch cartoons
- Have a whole day with nothing on the schedule
- Book a holiday
- Buy a fun balloon
- Smile
- Hire a cleaner to give your house a clean
- Compliment a stranger
- Eat something absolutely decadent and delicious and enjoy it without feeling guilty
- Tell yourself "I love you"
- Remember you're worth it