

30 WAYS TO TAKE CARE OF YOURSELF!

1. Take a long walk.
2. Check out a yoga video or DVD from your local library, and make time to do it twice a week.
3. Read a fiction book or short story that you can totally lose yourself in.
4. Write your life story.
5. Daydream.
6. Try a new recipe.
7. Avoid single parent burnout by getting a babysitter and go to a movie alone.
8. Write a letter to a friend.
9. Smile.
10. Set the timer, close your eyes, and breathe deeply for five minutes.
11. Read a magazine.
12. Clean your house - it's a great stress reliever!
13. Sit outside and breathe fresh air.
14. Get up fifteen minutes early so you can linger over a cup of coffee.
15. Swap play dates with a neighbor so you can each enjoy a few minutes of solitude.
16. Bake a scrumptious dessert just for you.
17. Re-read something that has been especially encouraging to you.
18. Write in a journal.
19. Go to a park and sit on the swings with your kids.
20. Go to bed an hour early.
21. Watch the sunset.
22. Listen to soothing music.
23. Grow something, such as a house plant or fresh herbs.
24. Sit with a cup of hot chocolate or some hot tea.
25. Surround yourself with pictures of the people you love and things you care about.
26. Give yourself permission to say "No" to something you really don't have time for or are not interested in.
27. Say "Yes" to something you'd really like to do!
28. Express your creativity.
29. Lend a hand to someone in need.
30. Hug your kids!