



# 50 WAYS TO PRACTICE SELF-CARE

*Mom Accountant Talk*  
A BUSINESS & LIFE PODCAST

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1. MEDITATE IN A QUIET PLACE
  2. HAVE A MINI DE-CLUTTER SESSION
  3. READ AN ENRICHING BOOK
  4. TAKE A LONG, WARM BATH
  5. BURN YOUR FAVORITE CANDLE
  6. GO FOR A LONG WALK
  7. GET A MASSAGE
  8. HAVE A DANCE PARTY
  9. WRITE DOWN 10 THINGS YOU'RE GRATEFUL FOR
  10. JOURNAL TO RELEASE YOUR THOUGHTS
  11. INDULGE IN YOUR FAVORITE TREAT
  12. DO SOMETHING THAT MAKES YOU LAUGH
  13. GET UP EARLY, MAKE YOURSELF BREAKFAST, AND ENJOY YOUR MORNING
  14. WATCH THE SUN RISE
  15. CREATE A VISION BOARD
  16. PLAN A WEEKEND GETAWAY AND STAY AT AN AIR B'N'B
  17. GO ON A RETREAT AND UNPLUG
  18. SLOW DOWN AND BE PRESENT
  19. TAKE A NAP

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20. STRETCH
  21. BINGE-WATCH YOUR FAVORITE NETFLIX SHOW
  22. HAVE A LUNCH DATE WITH A FRIEND
  23. DO SOMETHING CREATIVE
  24. GO ON A ROAD TRIP
  25. HAVE A GAME/PIZZA NIGHT WITH FRIENDS
  26. GO TO A MUSEUM
  27. LISTEN TO YOUR FAVORITE PODCAST
  28. CREATE A PERSONAL BLOG
  29. WRITE A LIST OF THINGS YOU LOVE ABOUT YOURSELF
  30. TRY A NEW, HEALTHY RECIPE
  31. DO A BRAIN DUMP
  32. HAVE A BOB ROSS PAINT PARTY
  33. THROW YOURSELF A LITTLE PARTY
  34. SING YOUR HEART OUT
  35. HAVE AN INTENSE WORKOUT SESSION

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36. HAVE A STAYCATION
  37. PLAN A ROADTRIP WITH FRIENDS
  38. DO SOMETHING FOR THE FIRST TIME,  
LIKE TRYING OUT A NEW RESTAURANT
  39. UNPLUG FOR AWHILE
  40. PLAN A SPA DAY
  41. CREATE LOVING, POSITIVE  
AFFIRMATIONS FOR YOURSELF AND  
REPEAT THEM DAILY
  42. STOP COMPARING YOURSELF TO OTHERS
  43. GIVE YOURSELF A MANICURE
  44. BUY YOURSELF SOME FLOWERS
  45. GO ON A HIKE, GET INTO NATURE
  46. SURROUND YOURSELF WITH PEOPLE  
WHO INSPIRE YOU
  47. COOK YOUR FAVORITE MEAL
  48. STAY WELL RESTED
  49. WATCH YOUR FAVORITE MOVIE
  50. CALL SOMEONE YOU LOVE