

20 Ways to Self-Care

1. Love yourself, remember, you are created in the image of God. You are valuable. A treasure to friends and family.
2. Learn to say “NO.”
3. Get plenty of sleep. [10 Reasons Why Sleep is Important](#)
4. Drink plenty of water. [Benefits of drinking water.](#)
5. Exercise: walk, hike, bike, hit the gym – [Benefits of Exercise](#)
6. Eat healthy food. [50 Super Healthy Foods](#)
7. Use [nature medicines](#) when appropriate, with no side effects.
8. Healthy boundaries - [Boundaries](#)
9. [Love languages](#)
10. Vacation: camping, local place to visit for a weekend, beach, mountains, unplug and get away, read and relax
11. Lunch with friends
12. Hobbies: crafts, photography, sewing, be creative,
13. Pray - [What are the Benefits of Prayer](#)
14. Listen to [Music](#); [Worship and music](#)
15. Counseling, God tells us to seek wise counsel: Pastor, Christian Counselor.
16. Dance
17. Take a nap
18. Read a good book
19. Journal your thoughts, feelings, and what you’re thankful for. Practice gratitude.
20. Take a 10-minute break

And remember, you matter!!