

22 SELF CARE IDEAS

FOR INSTANT HAPPINESS

#1

Get a FULL 8 hours of sleep

#2

Accept help from others

#3

Listen to a guided meditation

#4

Snuggle with your favorite blanket

#5

Nourish your body with green juices and smoothies

#6

Take a warm Epsom Salt Bath with Essential Oils

#7

Watch a movie that inspires you

#8

Journal 10 things you love about your body

#9

Move your body in any way you can

#10

Reward yourself for anything you've accomplished recently

#11

Put on clean clothes

#12

Unfollow someone negative on Facebook

#13

Unfollow someone who makes you feel bad about yourself on Instagram

#14

Light your favorite candle

#15

Rearrange your furniture

#16

Organize your food pantry

#17

Forgive someone who's hurt you

#18

Put your phone away for an hour

#19

Face a fear, big or small

#20

Put on your favorite outfit to run an errand

#21

Have a Harry Potter Marathon

#22

Wash all your dishes while listening to a podcast