Seven Types of Self-Care Activities for Coping with Stress

**(Summarized from** [**https://www.psychologytoday.com/blog/shyness-is-nice/201403/seven-types-self-care-activities-coping-stress**](https://www.psychologytoday.com/blog/shyness-is-nice/201403/seven-types-self-care-activities-coping-stress)**)**

**SENSORY**

Breathe in fresh air.

Snuggle under a cozy blanket.

Listen to running water.

Sit outdoors by a fire-pit, watching the flames and listening to the night sounds.

Take a hot shower or a warm bath.

Get a massage.

Cuddle with a pet.

Pay attention to your [breathing](http://theselfcompassionproject.com/2012/02/09/just-breathe/).

Burn a scented candle.

Wiggle your bare feet in overgrown grass.

Stare up at the sky.

Lie down where the afternoon sun streams in a window.

Listen to music.

**PLEASURE**

Take yourself out to eat.

Be a tourist in your own city.

Garden.

Watch a movie.

Make art. Do a craft project.

Journal.

Walk your dogs.

Go for a photo walk.

**MENTAL/MASTERY**

Clean out a junk drawer or a closet.

Take action (one small step) on something you’ve been avoiding.

Try a new activity.

Drive to a new place.

Make a list.

Immerse yourself in a crossword puzzle.

Do a word search.

Read something on a topic you wouldn’t normally.

[**SPIRITUAL**](https://www.psychologytoday.com/basics/spirituality)

Attend church.

Read poetry or inspiring quotes.

Light a candle.

[Meditate](http://theselfcompassionproject.com/2014/02/03/the-magic-moment-tinyhearts/).

Write in a journal.

Spend time in [nature](https://www.psychologytoday.com/basics/environment).

Pray.

List five things you’re [grateful](https://www.psychologytoday.com/basics/gratitude) for.

**EMOTIONAL**

Accept your feelings. They’re all ok. Really.

Write your feelings down. Here’s a list of feeling words.

Cry when you need to.

Laugh when you can.  (Try [laughter](https://www.psychologytoday.com/basics/laughter) yoga.)

Practice [self-compassion](http://theselfcompassionproject.com/2012/01/01/let-the-project-begin/).

**PHYSICAL**

Try yoga.

Go for a walk or a run.

Dance.

Stretch.

Go for a bike ride.

Don’t skip [sleep](https://www.psychologytoday.com/basics/sleep) to get things done.

Take a nap.

**SOCIAL**

Go on a lunch date with a good friend.

Calling a friend on the phone.

Participating in a book club.

Joining a support group.