# Free Self Care Ideas

1. Go for a walk or jog
2. Meditate or do deep breathing exercises
3. Take a break when you need to
4. Read or watch something that makes you laugh
5. Keep a journal
6. Say "No" when you need to
7. Cuddle up with a good read
8. Rearrange a space in your home
9. Set a goal and accomplish it
10. Take a bubble bath