

Self-Care Activities for Youth

**It's a good idea to always do something relaxing
prior to making an important decision in your life.**

~Paulo Coelho

1. Listen to music
2. Make a list of things you like about yourself
3. Talk to a friend
4. Text the YouthLine
5. Read a book

“There are times when we stop, we sit still. We listen and breezes from a whole other world begin to whisper.” —*James Carroll*

6. Go for a walk
7. Ride your bike
8. Exercise
9. Play with your pet
10. Stretch your muscles

“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.” —*Thích Nhất Hạnh*

11. Do yoga

12. Meditate or pray

13. Go to the park with a friend

14. Take a nap

15. Get outside!

“Calmness is the cradle of power.”

—Josiah Gilbert Holland

16. Go for a job

17. Write in a journal

18. Try a new activity

19. Invite a friend to play a board game

20. Cook or bake

“Don’t try to force anything. Let life be a deep let-go. Millions of flowers open every day without our interference.”

21. Check out the library
22. Sing your favorite song
23. Learn to play an instrument
24. Draw or trace a picture
25. Make a list of your accomplishments

“Set peace of mind as your highest goal, and organize your life around it.” —Brian Tracy

- 26. Write a letter to your future self
- 27. Make a list of things you're good at
- 28. Pull weeds, do yard work
- 29. Plant a garden
- 30. Take photos of nature

“Rule number one is, don’t sweat the small stuff. Rule number two is, it’s all small stuff.”

—Robert Eliot

31. Put together a puzzle
32. Google information about a different culture
33. Watch funny cat videos
34. Make a playlist of funny movies
35. Turn up the music and dance

“The greatest mistake you can make in life is to be continually fearing you will make one.”

– Elbert Hubbard

- 36. Make a list of people you look up to, and why
- 37. Practice deep breathing exercises
- 38. Do a craft activity
- 39. Practice progressive muscle relaxation
- 40. Volunteer in the community

“The day she let go of the things that were weighing her down, was the day she began to shine the brightest.” —Katrina Mayer

41. Draw or color Zentangles

42. Draw or color Mandalas

43. Read inspiring quotes

44. Fly a kite

45. Make jewelry

“In times of great stress or adversity, it's always best to keep busy, to plow your anger and your energy into something positive.” – Lee Iacocca

46. Blow bubbles

47. Daydream

48. Do something nice for an elder or complete stranger

49. Ask for help if you're stuck or so down you can't get back up

50. Make a new music playlist