

Self Nurturing Things to Do

- Phone a friend to talk
- Sweep the yard
- Walk in the garden
- Read spiritual teachings
- Give something to someone
- Go for a brisk walk for 30 mins
- Eat fresh organic whole food
- Get a massage



- Pray: to see the bigger picture, to have deep empathy, to see myself as a precious being, for souls suffering, for resolution, to be guided, to see the learning, to be of service, let go of what the ego wants, for vibrant good health of those I love
- Take a nice hot Epsom salt bath
- Walk on the beach
- Bake a cake from scratch and invite friends over
- Rent some DVD's - comedies or romantic movies
- Take some Vitamin C , magnesium or SAM-e
- Write a letter or send a card to a friend about the gift of our friendship
- Give myself a pedicure, scrub and massage my feet with peppermint oil
- Visit a nursery and be amongst the plants and flowers



- Make a donation
- Listen to beautiful music
- Visit my place of worship
- Ask myself "what is the gift in this"
- Get an energetic healing
- List the people in my life who love me
- Go to a yoga class
- Think gentle loving thoughts of myself
- Dance around to my favourite music
- Call another friend to arrange coffee
- Meditate
- Make organic chicken soup

- Clean part of my house: bathroom, mop the floors, do the dishes, tidy my office, dust, vacuum, clean out pantry, freshen up my bedroom, wash my sheets, get rid of old clothes
- Do some gentle stretching
- Tell someone I love them