



the
*Creative
Recovery
Hub*

SELF CARE

Ideas

IDEAS TO INTEGRATE INTO YOUR
LIFE TO NOURISH YOUR
WELL-BEING, SELF-LOVE AND
PERSONAL GROWTH

MICHELLECASHMAN.COM

SELF-CARE IDEAS

Use these ideas as inspiration to create your own ideas.

Be open to exploring things you've not tried before and give yourself permission to feel awkward while you're trying new things. It can be scary, but we can do hard things!

- **Skincare Sanctuary:** Transform your morning and evening skincare routines into rituals of self-love. Take extra time to massage your face gently, savoring the sensation and affirming your worth.
- **Mindful Morning Shower:** In the shower, let the water cleanse not only your body but also your mind. Close your eyes, feel the warmth, and let go of any tension as you inhale positivity and exhale negativity.
- **Tea Time Reflections:** Incorporate a tea or coffee break into your day. Sip your beverage slowly, pausing to reflect on your intentions and what you're grateful for.
- **Nourish your body with food:** Cook a meal full of vegetables and fresh ingredients to nourish your body. Do it mindfully and aware that this is an act of self-love.
- **Nature Connection:** If you have houseplants or a garden, take a moment each day to tend to them, connecting with the beauty and resilience of nature.
- **Mindful Commute:** During your commute, whether by car or public transport, use the time for deep breathing and setting a positive intention for your day.
- **Mealtime Gratitude:** Before each meal, express gratitude for the nourishment it provides, savoring each bite with mindfulness.
- **Power of Three:** Incorporate a "Power of Three" practice into your daily routine. Choose three simple activities or tasks to focus on, executing them with intention and presence.
- **Laundry Love:** Turn laundry into a meditative practice. As you fold clothes, take a moment to appreciate the comfort they bring and the care you put into maintaining them.
- **Goodnight Ritual:** Before bed, create a calming bedtime routine. Dim the lights, engage in gentle stretches, and read something soothing to ensure a restful night's sleep.

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- **Morning Coffee Conversations:** Sip your coffee slowly, savoring every drop, and have a deep conversation with yourself about your dreams.
- **Solitude Strolls:** Take long walks alone, listening to the whispers of your own heart.
- **The Book Date:** Spend an entire day wrapped in a book's embrace, devouring words that ignite your soul.
- **Journal Journeys:** Pour your heart onto pages, making your journal a sanctuary for your thoughts, fears, and dreams.
- **Nature Communion:** Sit under a tree and watch how its leaves sway, a reminder that growth requires letting go.
- **Candlelit Baths:** Immerse yourself in a warm, candlelit bath, washing away the day's worries.
- **Explore your growth:** Find audio books or podcasts that are all about shifting your awareness and creating a new mindset and listen during the course of your day.
- **Mindful Meditation:** Practice mindfulness, bringing your awareness to the present moment, where joy resides.
- **Soulful Playlist:** Curate a playlist of songs that resonate with your heart, your life's soundtrack.
- **Artistic Outlets:** Get lost in painting, writing, or crafting, letting creativity be your guiding light.
- **Letter to Your Younger Self:** Write a letter of love and guidance to the child within you, promising to protect her always.
- **Make an appointment:** If you're due a doctor or dentist visit make the appointment and treat it as an act of self-love.
- **Vulnerability Sharing:** Share your truth with someone you trust, bearing your soul's beauty and scars.
- **Spontaneous Road Trips:** Hit the open road with no destination in mind, letting adventure lead you.

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- **Random Acts of Kindness:** Brighten a stranger's day, knowing that love multiplies when shared.
- **Breathe:** Practice slow deep breathing and focus on your breath, the rhythm of life within you. Try box breathing: in 4, hold 4, out 4, hold 4 and repeat.
- **Clear Your Space:** Take an hour to reorganise your room or living area to create a haven of peace and serenity.
- **Starry Gazing:** Lay under the stars, connecting with the vastness of the universe and your place in it.
- **Planting Hope:** Cultivate a garden, nurturing life as a reflection of your own growth.
- **Forgiveness Ritual:** Forgive yourself for past mistakes, acknowledging that they were teaching moments, not stumbling blocks.
- **Mentorship Seeker:** Seek guidance from a mentor or role model who inspires your journey.
- **Silent Retreats:** Embrace silence on a retreat, where your inner voice speaks the loudest.
- **Ocean Reverence:** Visit the ocean's edge, allowing its vastness to remind you of your own boundless potential and shifting tides.
- **Affirmation Mirror Talks:** Look in the mirror and repeat affirmations of self-love and empowerment.
- **Travel Alone:** Embark on a solo adventure, discovering your independence and inner strength.
- **Movie Matinee:** Spend an afternoon watching movies that evoke deep emotions and introspection.
- **Photography Walks:** Capture moments of beauty in the world around you, focusing on the extraordinary in the ordinary.
- **Immerse Yourself:** Take a dip in the ocean and experience the healing power of salt water. Use your five senses to really immerse yourself in the moment.

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- **Volunteer Compassion:** Give your time to a cause you're passionate about, extending your heart to others.
- **Community Connection:** Share your story with a supportive community, finding strength in vulnerability.
- **Laughter Therapy:** Laugh wholeheartedly, understanding that joy is your birthright.
- **Healing Hikes:** Hike to a waterfall, letting the rush of water wash away any lingering pain.
- **Sunrise Rituals:** Witness the birth of a new day, a reminder that every dawn is a fresh start.
- **Stress-Relief Yoga:** Practice yoga specifically designed to release stress and tension.
- **Unplug and Reconnect:** Disconnect from technology and reconnect with the simplicity of life.
- **Bucket List Adventures:** Pursue an item on your bucket list, fulfilling a dream you've carried for years.
- **Meditative Coloring:** Lose yourself in adult coloring books, letting your mind wander as your hands create.
- **Pampering Spa Day:** Treat yourself to a spa day, embracing self-care as an act of self-love.
- **Spiritual Exploration:** Explore different spiritual practices and find the one that resonates with your soul.
- **Bookstore Wander:** Spend hours wandering through a bookstore, allowing the wisdom of authors to guide you.
- **Forgotten Dreams Rekindling:** Revisit a childhood dream and take one step toward making it a reality.
- **Massage.** Invest in an hour of self-care and let the tenderness of another human's hands invite relaxation into your mind and body.

Remember, self-care isn't a luxury; it's a necessity for nourishing your well-being and nurturing your soul. Explore these activities as acts of self-love, reminding yourself that you deserve the time and attention you invest in them and add the ones that really resonate with you into your daily, weekly or monthly routine.

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