

### Self-Nurturing Activities

The following list has been very helpful to many of my clients who suffer from anxiety disorders or depression. By performing at least one or two items from the list every day, or anything else you find pleasurable, you will grow in the important skill of becoming a good parent to yourself. You have nothing to lose but your sense of insecurity and inadequacy – nothing to gain except increased self-esteem.

1. Take a warm bath
2. Have breakfast in bed
3. Take a sauna
4. Get a massage
5. Buy yourself a rose
6. Take a bubble bath
7. Go into a hot tub or Jacuzzi
8. Record an affirmation tape
9. Write out an ideal scenario concerning a goal, then visualize it
10. Read an inspirational book
11. Write a letter to an old friend
12. Bake or cook something special
13. Go window shopping
14. Buy a meditation tape
15. Listen to a positive, motivational tape
16. Write in a special diary about your accomplishments
17. Apply fragrant lotion all over your body
18. Masturbate
19. Exercise

20. Sit and hold your favourite stuffed animal
21. Go to a pet store and play with the animals
22. Walk on a scenic path in a park
23. Visit a zoo
24. Have a manicure or pedicure
25. Stop and smell some flowers
26. Wake up early and watch the sunrise
27. Watch the sunset
28. Relax with a good book and / or soothing music
29. Go rent a funny video
30. Play your favourite music and dance to it by yourself
31. Go to bed early
32. Sleep outside under the stars
33. Take a “mental health day off” from work
34. Fix a special dinner just for yourself and eat by candlelight
35. Go for a walk
36. Call a good friend – or several good friends
37. Go out to a fine restaurant just with yourself
38. Go to the beach
39. Take a scenic drive
40. Meditate
41. Buy new clothes
42. Browse in a book or record store for as long as you want

43. Buy yourself a cuddly stuffed animal and play with it
44. Write yourself a love letter and mail it
45. Ask a special person to nurture you (feed, cuddle, and / or read to you)
46. Buy yourself something special that you can afford
47. Go see a good film or show
48. Go to the park and feed the ducks, swing on the swings, and so on
49. Visit a museum or another interesting place
50. Give yourself more time than you need to accomplish whatever you're doing (let yourself dawdle)
51. Work on your favourite puzzle or puzzlebook