# Menu of Self-Care Activities

**Bio: For My Body**
- Take a Walk
- Do some yoga
- Go for a hike
- Take a long shower or bath
- Get your nails done
- Drink lots of Water

**Psycho: For My Mind**
- Mindfulness
- Talk to a friend or loved one
- Get some counseling
- Read for pleasure
- Get creative
- Spend time alone

**Social: Let’s Get Social**
- Go to a group fitness class
- Join a book club
- Go to a concert
- Cook a meal with a friend
- Have a game night
- Join a knitting club

**Spiritual: For my Spirit**
- Volunteer
- Go to a religious service
- Get out in nature
- Gratitude practice
- Listen to music