The 20 Best Ways To Take Time For Yourself

Read and understand the following.

1. **Go for a walk**
2. **Take a drive out to the country**
3. **Buy yourself something special (it doesn’t need to be expensive, just special)**
4. **Read a book**
5. **Take a bubble bath**
6. **Light some candles and listen to music**
7. **Clear your mind, close your eyes, and take a deep breath**
8. **Exercise (go to the gym, rake leaves, or mow the lawn — physical activity is usually quite calming)**
9. **Relax in your favorite chair**
10. **Sit in front of the fireplace with a cup of coffee (or hot chocolate)**
11. **Do some gardening (even just work with the houseplants)**
12. **Play with your pet**
13. **Play with your children (kids have a wonderful sense of energy and freedom that seems to affect all of us)**
14. **Go see a movie**
15. **Take a nap**
16. **If you are on a diet, give yourself a treat**
17. **Feeling frustrated? Take a break and talk to yourself (it is really amazing how sometimes you can find answers or solutions that just were not there a few seconds ago)**
18. **Sit in a park or some other calming area that takes you close to nature**
19. **Cuddle up to your ‘best friend’ (spouse, pet, etc.) and just quietly enjoy each other**
20. **Realize that sometimes being alone is good for you**