



# SHIFT

## Recharge & Practice Self-Care

WORKSHEETS BY SHIFT COLLAB

[shiftcollab.com](https://shiftcollab.com) | [@theshiftcollab](https://www.instagram.com/theshiftcollab)

# 50 Ways to Recharge and Practice Self-Care

- 1 Journaling thoughts or feelings
- 2 Practicing meditation (guided or silent)
- 3 Deep breathing exercises (box breathing, 4-7-8)
- 4 Listening to uplifting podcasts or audiobooks
- 5 Reading for pleasure (novel, poetry, essays)
- 6 Practicing gratitude by listing 3 things you're thankful for
- 7 Doing a short mindfulness exercise
- 8 Coloring, doodling, or creative sketching
- 9 Practicing affirmations or self-compassion statements
- 10 Talking with a supportive friend or therapist
- 11 Taking a nap or resting without guilt
- 12 Stretching or gentle yoga flow
- 13 Going for a walk outdoors
- 14 Dancing to your favorite music
- 15 Making a refreshing fruit infused water (lemon, berries, etc)
- 16 Having a nourishing snack or meal
- 17 Taking a warm bath or shower
- 18 Practicing progressive muscle relaxation
- 19 Doing a light workout (pilates, bodyweight exercises)
- 20 Sleeping early or catching up on sleep
- 21 Lighting a scented candle or using essential oils
- 22 Listening to calming music or nature sounds
- 23 Making a cozy tea or coffee ritual
- 24 Watching a comforting show or movie
- 25 Wrapping up in a soft blanket



# 50 Ways to Recharge and Practice Self-Care

- 26 Spending time in silence
- 27 Doing a skincare or face mask routine
- 28 Sitting in sunlight for a few minutes
- 29 Listening to a calming playlist before bed
- 30 Creating a digital-free quiet hour
- 31 Calling or FaceTiming a loved one
- 32 Sending a kind text to someone you appreciate
- 33 Playing with a pet
- 34 Volunteering or doing an act of kindness
- 35 Joining a hobby or interest group
- 36 Sharing a meal with someone you enjoy being around
- 37 Laughing intentionally (watching comedy, silly videos)
- 38 Writing a heartfelt letter or card
- 39 Cooking or baking something you love
- 40 Playing a game or doing a puzzle
- 41 Walking barefoot on grass or sand
- 42 Sitting near water (lake, river, ocean)
- 43 Going for a hike in nature
- 44 Watching a sunrise or sunset
- 45 Stargazing at night
- 46 Tending to plants or gardening
- 47 Sitting under a tree and observing surroundings
- 48 Breathing fresh air with mindful awareness
- 49 Collecting natural objects (leaves, rocks, shells)
- 50 Taking a mindful break outside between tasks

