

The Self-Care Menu

Self-care does not have to look a certain way. It does not have to take a long time or be perfect. These ideas are free, flexible, and meant to help you recharge in ways that fit your body, your energy, and your day. You can check off what you try, circle what helps, and ignore anything that does not feel right for you.

Before You Begin

How do you feel right now?

What do you need most today?

Rest Connection Movement Comfort Focus Joy

Quick Joy Boost

- Play a favorite song
- Look at a photo that makes you smile
- Step outside for 30 seconds
- Say one thing you are grateful for
- Hug a pillow, pet, or person
- Breathe in a scent you like
- Take one slow breath
- Think of a person or pet who makes you feel safe
- Drink a sip of water
- Name one thing you can see, one you can touch, one you can hear
- Look for three things that remind you are safe
- Count down from five
- Wrap up in a blanket or a favorite hoodie
- Hold or touch something textured and notice how it feels

If choosing feels hard:

Pick whichever item your eyes land on first. Any small start counts.

Calm My Mind

Breathe and Pause

- Take five slow breaths and notice each one
- Count your breaths up to ten and start again

Notice and Ground

- Name five things you can see right now
- Look for colors or shapes in your space
- Lightly trace an object or texture with your fingers
- Focus on one sound you can hear
- Picture a calming color surrounding you
- Write down what you can control and what you cannot

Express and Release

- Write, type, or draw what is on your mind
- Let yourself cry and rest
- Journal for five minutes without editing
- Say one kind thing to yourself
- Read, watch, or listen to something that makes you laugh
- Try a short guided meditation
- Close your eyes and imagine a safe, peaceful place

Modify it:

You can do these with eyes open or closed, sitting, standing, or lying down.

Reconnect With Your Mind

Notice Your Body

- Take one slow breath and feel it fill your lungs
- Notice where your body touches the chair, bed, or floor
- Change your position to feel more comfortable

Move or Stretch

- Roll, stretch, or gently move any part of your body
- Put on music and sway or move in any way that feels good
- Try gentle chair stretching or mobility exercises
- Yawn, sigh, hum, or let out a long exhale

Calm My Senses

- Hold something cool or warm
- Feel the texture of something soft or comforting
- Wrap yourself in a blanket or hug a pillow
- Take a sip of water and notice the temperature

Body Awareness

- Do a slow body scan from head to toes
- Practice mindful eating with a small snack and notice taste and smell
- Thank your body for what it does for you

Reminder:

Movement can be stillness, breath, or tiny shifts. All bodies are different, and every type of care counts.

Connect with Others

Reach Out

- Text or call someone you care about
- Share how you are feeling or ask for help
- Send a voice note, meme, or emoji
- Start a gratitude text chain
- Offer encouragement to someone online

Be Around People

- Say hello to someone in your neighborhood
- Spend time with a pet or animal

- Attend a free online event with cameras optional
- Join a library or community program
- Volunteer or help someone else
- Join a free online group or support space
- Spend time in a public space such as a park or library

Modify it:

You do not have to talk to feel connected. Just being near others can count too.

Nourish Your Spirit

- Read or listen to something uplifting
- Spend time in nature or sit near a window
- Notice one beautiful thing
- Write down three things you are thankful for
- Look through photos that make you smile
- Imagine a calm or meaningful place
- Daydream about something you look forward to
- Do something creative just for fun
- Think about a time you overcame something hard
- Find a quote or phrase that inspires you
- Smile and notice how it feels
- Remind yourself of something you are proud of
- Remember that rest is productive
- Look in the mirror and say, "I am doing my best."
- Listen to an inspirational, informative or funny podcast
- Write a short note of encouragement to yourself
- Write down one small goal or dream

Nourish Your Spirit

Tidy and Reset

- Make your bed or tidy one small area

- Fold laundry or put items away
- Wipe down one surface
- Declutter a drawer or folder
- Sort papers into keep or recycle
- Clear off one table or counter

Change the Atmosphere

- Open a window or adjust lighting
- Freshen the air with soap, a candle, or outside air
- Arrange something that makes you smile
- Adjust sound or lighting to match your energy
- Create a small comfort corner with a cozy item
- Add something from nature such as a leaf or flower

Digital Care

- Organize a digital folder or your desktop
- Change your background to something peaceful
- Turn off one screen for a few minutes if you have a few on
- Organize your bag or backpack

Care for Your Space

Tidy and Reset

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Free Resources

Community and Connection

- Library events and workshops
- Volunteer or mutual-aid opportunities
- Online support groups or disability-friendly networks

Wellness and Learning

- Community wellness programs
- Public parks, walking paths, or gardens
 - Free mindfulness videos
 - Free podcasts and audiobooks

Crisis and Support

- Local peer or warm lines
- Disability-aware support chats or groups

Self-care is an act of compassion and pride.

You deserve rest, care, and calm.