

Self-Care Activity Lists*

Below are a few lists of self-care activities to give you choices about your personalized self-care plan. I included stress management as a supplement. I don't endorse every single item, and some require resources that may not be readily available (e.g., "take a vacation" or "get a massage" or "take a class"). Please disregard any that don't apply or that otherwise don't feel right.

I hope these lists help you find self-care ideas that fit your personality and lifestyle!

From, Lexi

Time Limited Self-Care Activities (pdf)

https://www.purdue.edu/butler/documents/Self-Care-Activities_Workshop-handout.pdf

Fun Activities Catalogue - 365 ideas (pdf)

<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Depression/Depression---Information-Sheets/Depression-Information-Sheet---06---Fun-Activities-Catalogue.pdf>

The Big List of Self-Care Activities (Microsoft Word Document)

<https://www.stpetersburg.usf.edu/student-life/wellness/documents/self-care-activities.pdf.docx>

Ideas for Self-Nurturing - 101 ideas (pdf)

<https://static1.squarespace.com/static/601461d98f39c20d9d7a0ad8/t/6099a9a28115f364090d237d/1620683171815/101-Self-Care-Ideas.pdf>

100 Ways to Relieve Stress and Self-Care (pdf)

<https://namimissouri.org/wp-content/uploads/sites/9/2022/01/100WaystoRelieveStress.pdf>

101 Ways to Cope with Stress (web page) Scroll past the introduction for ideas.

<https://www.monmouth.edu/school-of-social-work/community-programs-and-lectures/promoting-wellness-resiliency/101-ways-to-cope-with-stress/>

**Please note that lexi.com and its owner share these lists to help people identify ideas for self-care. The lists are not intended to be construed as or to represent medical care or therapeutic treatment of any kind. Always check with your personal medical and mental health care providers for guidance before beginning any new activities.*

***These lists were obtained online and links were current as of 11/28/2025.*