



SAN DIEGO HOSPICE
and The Institute for Palliative Medicine

Self-Nurturing Activities

Listen to my favorite music	Learn a new skill	Tell yourself loving words you want to hear from others
Enjoy a long, warm bubble bath	See a special play, movie or concert	Attend a special workshop
Go for a walk	Work out with weights or equipment	Go sailing or paddle boating
Share a hug with a loved one	Ride a bike or motorcycle	Reward yourself with a special gift you can afford
Relax outside	Make and eat a nutritious meal	Take yourself on vacation
Exercise (of my choice)	Draw or paint a picture	Create with clay or pottery
Spiritual prayer	Swim/float/wade/relax in a pool or at the beach	Practice positive affirmations
Attend a caring support group	Do aerobics/dance	Pet an animal
Practice diaphragmatic breathing	Visit a special play	Watch my favorite TV show
Do "stretching" exercises	Smile and say "I love myself"	Reflect on your success
Reflect on my positive qualities: "I am . . ."	Take time to smell the roses	Write a poem expressing your feelings
Watch the sunset or sunrise	Imagine yourself achieving your goals and dreams	Make a bouquet of flowers
Concentrate on a relaxing scene	Go horseback riding	Watch the clouds
Create a collage representing "The Real Me"	Reflect on: Your most enjoyable moments	Watch a humorous videotape
Receive a massage	Enjoy a relaxing nap	Visit a park/woods/forest
Reflect on: "I appreciate"	Visit a museum or art gallery	Read positive, motivational literature
Write my thoughts and feelings in a personal journal	Practice yoga	Reflect on what you value most in life
Attend a favorite athletic event	Relax in a whirlpool/sauna	Phone a special friend
Do something adventurous	Enjoy a cool, refreshing glass of water or fruit juice	Go on a picnic in a beautiful setting
Read a special book or magazine	Enjoy the beauty of nature	Enjoy a gourmet cup of herbal tea
Sing/hum/whistle a happy tune	Count your blessings	Practice the art of forgiveness
Swing/slide/teeter totter	Play as you did as a child	Create your own unique list of "self-nurturing" activities
Play a musical instrument	Star gaze	Participate in a hobby or relaxation exercise
Spiritual meditation	Window shop	
Work with plants (garden)		