25 Ways to Do Self Care

1. Eat healthy
2. Take time off
3. Breathe deeply
4. Yoga and meditation
5. Celebrate your strengths and honor your contributions
6. Spend some time alone
7. Remember that every person is on their own path
8. Take a walk in nature
9. Learn about the signs of secondary trauma
10. Practice being grateful for what you have
11. Laugh a good belly laugh
12. Delegate the things you can
13. Get enough sleep
14. Read a good book
15. Listen to your body
16. Process your feelings through art, writing, movement
17. Turn off your computer and TV
18. Listen to music you love
19. Spend time with family/friends
20. Take a long bath
21. Hug someone
22. Have a good long conversation with a friend
23. Know your limits and honor them
24. Go to a good movie
25. Think positive thoughts

For more information, contact the Ohio Domestic Violence Network at 614-781-9651 and at www.odvn.org. Published as part of the 25 for 25 years of ODVN Celebration!