



SELF-CARE *for* Teens

What is self-care?

Self-care is a term used for activities and practices that we can engage in on a regular basis to lower stress and increase our health and well-being.

Why is self-care important for me?

Self-care is necessary to show love and compassion to ourselves! Sometimes life is stressful, especially when you have food allergies, so we all need to take time to relax and reconnect every day. Self-care can also decrease anxiety and improve our mood.

How do I Know What Self-care Activity is Right for Me?

Self-care looks different for everyone. What works for your friend might not work for you! You can try out any and every self-care activity to find out what you like. Self-care can be anything, as long as it is something you are doing to make yourself happy!

When Should I Do a Self-care Activity?

Self-care is best when it becomes part of your routine. Self-care should be easy and fun, so you should do it at whatever time works for you! Maybe it is after school, before bed, or during dinner!

Check out the list below for ideas on where to start!

52 SELF-CARE Ideas *for* You to Try:

1. Listen to music
2. Read a chapter from your favorite book
3. Go on a nature walk
4. Go on a run
5. Sing your favorite song
6. Go shopping
7. Ride your bike
8. Try yoga
9. Reorganize your closet
10. Do your laundry
11. Make a garden
12. Call your best friend
13. Call a family member
14. Write a poem
15. Bake something
16. Cook something
17. Watch a movie
18. Write a positive note to yourself
19. Try a new craft
20. Meditate
21. Make a list of things your grateful for
22. Try adult/teen coloring
23. Join a team
24. Make a garden
25. Make a scrapbook
26. Complete a puzzle
27. Watch funny cat videos on YouTube
28. Practice deep breathing
29. Start a journal
30. Eat your favorite dessert
31. Volunteer for something
32. Go outside and look at the stars
33. Play with your pet
34. Play board games
35. Make a bucket list
36. Dance!
37. Go to the spa/salon
38. Draw or paint!
39. Lay out in the sun
40. Take a warm shower or bath
41. Repaint your room your favorite color
42. Take a phone/social media break
43. Hug someone
44. Try something new!
45. Drink some water
46. Burn a candle with a scent you love
47. Sip a cup of tea
48. Get a full night's sleep
49. Try a face mask
50. Go to therapy
51. Take some pictures
52. Wear your favorite outfit