

Feed Your Soul; Nourish Your Life!

100 Self-Care Techniques

Kim McLaughlin

www.FeedYourSoulUnlimited.com

In my book *Feed Your Soul; Nourish Your Life*, I talk a lot about increasing your self-care list to 100. Here is my list to help encourage you to make your list. Feel free to use the ones that fit for you.

1. Take a walk.
2. Go to the gym.
3. Make some art.
4. Listen to music.
5. Watch a comedy.
6. Meal prep on Sunday.
7. Grocery shop for nourishing food.
8. Make a new recipe.
9. Take a bath.
- 10 Go to the library, check out something I would not normally buy.
- 11 Go to the library and check out music I have never heard before.
- 12 Go to the bookstore (you do not have to buy anything). I like to gather a few magazines or books and look at them in the coffee shop.
- 13 Ride bikes.
- 14 Write in my journal.
- 15 Watch a fun You Tube video.
- 16 Go to a Farmer's Market. Buy a new food item.
- 17 Watch a TED talk.
- 18 Take a deep breath.
- 19 Stay away from Facebook for a day.
- 20 Stay away from Twitter for a day.
- 21 Talk to a friend.
- 22 Stay away from email for a day.
- 23 See a play at the theatre.
- 24 See a lawyer to get a living will or trust.
- 25 Learn how to take a good selfie.

Kim McLaughlin, MA works with people who have difficulties with food and their weight. She helps people feed their soul by putting food in its proper place as nourishment. You can find her at www.FeedYourSoulUnlimited.com and be sure to sign up for her [Top Tips to End Emotional Eating](#).

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- 26 Drink more water.
- 27 Read one book a month. Keep track of them.
- 28 Review goals monthly.
- 29 Devise and use a morning ritual/routine.
- 30 Listen to podcast while driving.
- 31 Clean out a closet.
- 32 Say, "How can we make this happen" rather than saying no.
- 33 Go to a National Monument.
- 34 Make a budget.
- 35 Swim in a pool.
- 36 Take a hike.
- 37 Write a book.
- 38 Volunteer in a place special to you.
- 39 Eat intuitively all day.
- 40 Use an adult coloring book.
- 41 Swim in the ocean.
- 42 Call a friend.
- 43 Try a new art technique: knit, needlepoint, embroidery, etc.
- 44 Use candles in the house.
- 45 Go on a picnic.
- 46 Go on a spiritual retreat.
- 47 Learn a new skill.
- 48 Attend a Pilates class.
- 49 Get an annual physical with my doctor.
- 50 Kayak on the ocean.
- 51 Make mindful purchases.
- 52 Put a regular amount in savings each month.
- 53 Say within the budget each month.
- 54 Organize photos on my computer.
- 55 Back up my computer.
- 56 Have a Meatless Monday.
- 57 Make a special dinner 1x each month.
- 58 Get all the paperwork filed.
- 59 Clean the car inside and out.
- 60 Go on a Vision Quest.
- 61 Shred any papers that are confidential.
- 62 Send a friend a card.
- 63 Read about a topic I would like to learn: NLP, etc.

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- 64 Try some essential oils.
- 65 Floss my teeth every night for one month- develop a habit.
- 66 Go to a local park and just sit.
- 67 Get rid of one bag of items I do not need.
- 68 Organize a dresser drawer.
- 69 Get a massage.
- 70 Be out in nature.
- 71 Organize filing cabinet.
- 72 Have a family movie night.
- 73 Schedule a vacation.
- 74 Check on the retirement plan, are we saving enough?
- 75 Organize the bedroom closet.
- 76 Have a Taco Tuesday.
- 77 Have a family game night.
- 78 Plan a getaway with close friends.
- 79 Get in touch with an old friend I have been thinking about.
- 80 Read something inspirational.
- 81 Write out 5 things I am thankful for each day.
- 82 Meditate using a mediation app on my phone.
- 83 Turn off the television ½ hour before bedtime.
- 84 Each morning set a positive intention for the day.
- 85 Have a green smoothie.
- 86 Make an affirmation list.
- 87 Sleep in.
- 88 Allow myself to forgive myself for my mistakes.
- 89 Go to bed early.
- 90 Take a nap.
- 91 Perform a random act of kindness.
- 92 Buy less stuff: buy only what I need.
- 93 Read about prosperity mindset.
- 94 Make a savings goal and set up an automatic deposit.
- 95 Visit somewhere local that I have never been.
- 96 Picnic in our back yard.
- 97 Get rid of clothing that does not fit or I have not worn in a year.
- 98 Eat some more veggies.
- 99 Read a book to a child.
- 100 See a movie from a genre I don't normally watch.

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