



ENCOMPASS WELLNESS
— COACHING —

THE ULTIMATE

Self-Care Kit

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SELF-CARE KIT

When we think of what it means to be “healthy,” most often, the first things we think of are things like working out regularly, eating a nutritious, well-rounded diet, limiting alcohol, or avoiding harmful substances.

All of those things are great, but we often overlook a critical piece of the health equation: self-care.

Self-care is a cornerstone of mental health, and it deserves to hold a regular, sacred place in your life. In fact, your health and happiness depend on it. After all, if your body is in top shape and you’re eating a perfect diet, but your mind is in constant chaos, and you live in a state of stress and anxiety, this can be more detrimental to your health than anything else.

What is Self-Care & Why Do I Need It?

There's been a lot of hype lately about the importance of self-care and the fact that we need to be taking time out for ourselves more.

It seems everywhere we look, we're inundated with messages to make time for self-care— which is excellent — but what does that vague term mean?

And what kind of concrete outcomes can practicing self-care have for your health?

Self-care is an activity we choose to engage in for our mental, physical, emotional, social, or spiritual well-being—the result of which creates a shift in our mental energy. Learn more about the different types of self-care.

Benefits Of Self-Care:

- Reduced stress and anxiety
- Increased energy
- Improved productivity
- Increased immunity
- Greater patience
- Greater resilience
- Improved mood and emotional well-being
- Improved physical health
- Greater self-compassion and self-awareness
- Greater ability to care for and be present for others

1

Emotional:

Activities you engage in to help you connect with and work through your emotions

2

Spiritual:

Activities you engage in to nurture your soul.

3

Physical:

Activities you engage in for the health and well-being of your body.

4

Practical:

Activities you engage in to fulfill your core needs.

5

Mental:

Activities you engage in for the health and well-being of your mind.

6

Professional:

Activities you engage in to ensure your work life is balanced and you feel fulfilled in your career.

7

Social:

Activities you engage in to nurture your relationships with others.

It's critical to ensure you're engaging in activities that regularly fulfill all seven forms of self-care. But don't worry! Contrary to popular belief, self-care doesn't have to be expensive and time-consuming.

50 Self-Care Ideas To Try Today

At its core, self-care is about being kind to yourself, honoring your needs, and caring for yourself so you can function at your very best. But one person's idea of self-care isn't necessarily someone else's cup of tea. To help you start a healthy self-care regimen, here are 50 self-care tips for you to implement. Try at least one, or several, throughout your week to keep your mind, body, and spirit feeling refreshed.

1

Pick an affirmation to meditate on

Choose one that resonates with you (e.g., "I am worthy of taking the time to take care of me.") Sit with your intention for several minutes and repeat the affirmation over and over to yourself, allowing it to really sink in.

2

Take a luxurious bath or a pampering shower

Pull out your favorite skincare products, light some candles or diffuse some essential oils, and play some relaxing music that makes you forget your cares. (We LOVE Pandora's Classical for Studying station.)

3

Go for a walk

Whether it's an invigorating hike or just a few minutes around the block, getting your endorphins pumping will flood your brain with calm vibes.

4

Journal

Getting your thoughts out of your head and down on paper is a great way to work through whatever's on your mind and alleviate anxious feelings.



5

Do something creative

Draw, paint, color in an adult coloring book, scrapbook, knit, or do something likewise creative. There's something incredibly therapeutic about engaging your hands in a mindless activity!

6

Enjoy a cup of your favorite tea

'Nuff said.

7

Have a spa night

Check out some healthy, homemade DIY recipes here.

8

Meditate

People tend to think of meditation as something time-consuming, but you can achieve significant benefits from meditating for even a few minutes. If you're new to meditation, apps like Calm offer TONS of 10-minute meditations on various subjects. In fact, they have an entire collection of self-care meditations to practice.

9

Take a nap

Sleep is one of the purest and most basic forms of self-care we can give ourselves. So draw the curtains, hang a Do Not Disturb sign on your doorknob, and catch some precious Z's.

10

Call a loved one

Sometimes the best form of TLC is to connect with the people closest to us. So give someone special—a friend, your mom, your old roommate from college, your work wife or husband, Grandma, whoever makes you feel calm and brings a smile to your face—a call to catch up.



11

Write a letter

Piggybacking off of #10, write a letter to someone you care about and send it to them. Who doesn't like to receive something other than bills and spam in their mailbox?

12

Collect shells, rocks, or glass on the beach

Place what you've collected in a mason jar or other pretty container and keep it somewhere special so you remember that day and are reminded of the importance of self-care.

13

Read a book (or magazine)

Check out Goodreads for some recommendations.

14

Order groceries

Skip the store and have your groceries delivered—or schedule a pickup. This little luxury will give you time back you can use to relax.

15

Do some yoga

Go to a class, take an online course, or find a YouTube channel you like to zen out. (We recommend Yoga with Adriene's channel → try her Fill Your Cup workout.)

16

Go exploring with no destination in mind

Without a destination in mind or Google Maps as a guide, you never know what amazingness you'll stumble upon.

17

Try a new hobby

You know that thing you've always wanted to try? The self-care gods say, "do it!"

18

Garden

Gardening has proven to lower blood pressure, relieve stress, and boost happiness. So get digging and start smelling the roses!

19

Cook a relaxing and lavish healthy meal

Turn up the music, pour yourself a glass of wine, and take your time enjoying the process of preparing your meal. Put your phone on Do Not Disturb mode for limited distractions.

20

Listen to a podcast

Need some inspiration? Have fun looking up topics that interest you, and enjoy listening on your walk or road trip!

21

Visit a local museum

Spend a few hours roaming around an art gallery, history center, botanical garden, or even a zoo.

22

Listen to your favorite album

Create a go-to playlist, so you have all your favorite songs at your fingertips.

A background image showing a pair of hands holding a pen over a document with a grid pattern, possibly a calendar or a checklist. The image is slightly blurred and has a warm, light brown color palette.

23

Book a retreat

If you need a serious self-care session, consider treating yourself to a silent retreat or weekend getaway where you can decompress, rejuvenate, and focus on getting back to you.

24

Declutter/tidy your living space

Self-care has many different forms, and this is one not to overlook. Our living spaces are an extension of ourselves, and when they're chaotic, they can create mental chaos for us as well. So give your physical space a clean sweep for a quick mental reset.

25

Treat yourself

Take yourself to dinner out at your favorite vegan/vegetarian/ farm-to-table restaurant. Taking a night off from cooking and dishes might be just the kind of self-care you need.

26

Get a massage

Massage promotes relaxation, eases stress/anxiety/symptoms of depression, and improves sleep, to name a few things. A couple of our favorites include reflexology, Thai, and hot-stone.

27

Go for a bike ride

Better yet, pack yourself a healthy lunch and have a picnic once you reach your destination.

28

Play a game

Break out the solitaire, do some Sudoku or a crossword puzzle, or have a board game night with friends

29

Practice gratitude

Writing down what you're grateful for is an easy happiness booster. Make a list of 10 things you're thankful for and why—bonus points for making this a daily practice.

30

Meet with a Health Coach or Life Coach

We think one of the most rewarding forms of self-care out there is giving yourself the gift of coaching. A coach is like a sounding board, personal cheerleader, mentor, and accountability partner all rolled into one and can help you create space for self-care, so you honor your needs and desires.

31

Dance to your favorite song

Dancing is often an overlooked form of self-care, but we want to inspire you to bring sexy back by taking a dance break whenever you're feeling meh.

32

Make yourself a batch of infused water

We can't overstate the importance of hydration! According to WebMD, even mild dehydration can dampen our moods and make us feel crummy. To make water consumption tastier, whip up a delicious pitcher of infused water combining your favorite fruits, herbs, and other healthy ingredients.

33

Watch a TED Talk

Get ready to be motivated in 10 minutes flat.

34

Fix yourself a healthy smoothie or snack

Sometimes all you need is a healthy treat to snap you back into feeling good.



35

Start a compliments file

Make a practice of saving every compliment you receive in a folder where you can reference them when you need a little pick-me-up.

36

Start a healthy habit

Habits are the foundation upon which our lives are built, so pick a simple habit to start that will support living your better-than-ever life. Here are a few ideas: drink 8 oz. of water with lemon immediately upon waking, go for a walk after dinner every night, or start a “no technology within an hour of bedtime” rule. This leads us to...

37

Unplug from all devices for an hour

Turn off your phone, TV, and other devices, and enjoy the freedom of being entirely out of touch with the world.

38

Purge social medias of all toxicity

Go through who you're friends with and following on social media, and then ask yourself: Does this person/account bring me joy? If the answer is no, unfollow or defriend them. Life is too short for toxic influences.

39

Be still and do absolutely nothing

Find a grassy spot outside or relax in a chair and just...let your mind wander.

40

Breathe in essential oils

Uplifting or calming essential oils such as Lavender, peppermint, wild orange, and grapefruit are some great options.



41

Soak up some sun

Our bodies depend on regular sun exposure to function their best. So slather on some sunscreen and enjoy some time in the sunshine. Just 15 minutes will give you a feel-good boost and a nice dose of vitamin D.

42

Cuddle with a pet or visit an animal shelter

Spending time with furry friends boosts feelings of happiness, offers comfort, and lowers blood pressure.

43

Make a happy box

Find an old shoebox and fill it with all the things that make you smile. Then take it out and open it whenever you need a reason to smile.

44

Treat yourself

Maybe you've been eyeing a new pair of sneakers, or you've wanted to check out the latest flick. Whatever it is, splurge on something just for you.

45

Watch a comedy special

They say laughter is the best medicine for good reason. So put your favorite comedian on and get some belly laughs in.

46

Go to bed early

Give yourself the gift of a good night's sleep so you can conquer tomorrow like a champ.



47

Pick or buy yourself flowers

There's no shame in buying (or picking) yourself flowers. They're an instant mood booster and can quickly brighten up your day.

48

Take a mental health day

Take a day and do all the things that nourish your soul.

49

Watch a sunrise or sunset

There's just something about waking up with the sun and taking a few moments to enjoy the light that sets your day off on the right foot. The same goes for enjoying a sunset and reflecting on the good things that happened that day.

50

Purge items you no longer need

This is one of the most underrated forms of self-care out there. You'll be amazed at how much lighter, freer, calmer, and happier you feel just by letting go of the physical objects in your living space that you don't need or enjoy.

Hopefully, these self-care ideas gave you some motivation and inspiration to take care of the most important person in your life—YOU. Remember, when you show up for yourself, and you feel good inside and out, you'll be able to show up better in all areas of your life.

Consider hiring a coach if you are looking for support and accountability in your health + wellness journey. A coach plays a crucial role in helping you determine your action plan, lay it out in a step-by-step format, and support you along the way.