



# Upgrade Your Self-Care

26 WAYS TO PRACTICE  
MEANINGFUL AND LASTING  
SELF-CARE

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# Welcome!

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Self-care is a super hot buzzword right now, but underneath the bubble baths lies an important investment in yourself and your well-being. Self-care can be an incredible tool to help you relax your mind, manage your emotions, and create more success and joy in your own life.

Bubble baths are seriously great, but there's a lot more to creating an effective self-care practice. Keep reading for **26 ways to increase your own self-care and to inspire a more centered, joyful life**. Also, notice that each idea also has a "TRY THIS" section, to support you in taking immediate action to make self-care your reality.

FYI - Each of the 26 tips can be approached individually and savored like bite-sized treats over a month or 6, *or* you can jump into the whole thing at once, implementing as you go. Whatever you do, just *start today*. Self-care really is too important to put it off any longer. The world needs you and your full, brilliant, joy, so start taking steps now to create that support and happiness in your own life.

I CAN'T WAIT TO HEAR HOW YOUR SELF CARE JOURNEY IS  
GOING!

TAG ME ON IG @30SOMETHINGMAGIC TO TELL ME YOUR  
FAVORITE SELF-CARE TIPS!

XOXO,

AUDRY



## *Allow yourself space and time to assess the situation.*

Taking time to assess what's really going on and what's affecting your energy can give you some clarity in where you should focus most to get the best bang for your self-care buck ;)

**TRY THIS:** JOURNAL FOR A FEW MINUTES ABOUT THE WAYS YOU WANT TO FEEL MORE CALM, CENTERED, AND JOYFUL. THEN WRITE ABOUT WHAT YOU THINK IS KEEPING YOU FROM THAT.

## *Be still and be present.*

We spend so much time listening to everything and everyone else that we forget to just be still and quiet and to listen to that little voice inside, missing what's right in front of us and all the little joys in our life.

**TRY THIS:** SET ASIDE TIME THIS WEEK TO BE COMPLETELY PRESENT IN YOUR LIFE. PUT YOUR PHONE DOWN, REALLY LISTEN TO THE PEOPLE YOU TALK TO, AND TAKE TIME TO ENJOY THE EXACT MOMENT YOU'RE IN, NO DISTRACTIONS.

## *Clear the Clutter.*

Often one of the reasons we're feeling overwhelmed or icky is because our environment is cluttered. This could be your brain or your physical environment. Maybe both! My bathroom trash is a dead giveaway how crazy my life is feeling LOL.

**TRY THIS:** START WITH A BRAIN DUMP. SET A TIMER (10-15 MIN) AND JUST WRITE. EVERYTHING ON YOUR MIND, EVERYTHING BUGGING YOU, ETC. JUST LET IT OUT. TRY NOT TO CENSOR OR EDIT, JUST GET IT ALL DOWN ON PAPER. IT HELPS, I PROMISE.

**BONUS:** GIVE YOURSELF 1-2 HOURS TO TIDY UP YOUR PERSONAL SPACE. PICK **ONE** AREA AND FOCUS ONLY ON CLEANING THERE - IT CAN BE A CLOSET, YOUR WORKSPACE, ETC. (TIP: I'VE READ THAT CLEARING HORIZONTAL SURFACES, LIKE TABLES AND DESKS, CAN INSTANTLY MAKE A ROOM FEEL MORE SPACIOUS AND ORGANIZED). ONCE ONCE YOU'RE DONE, TAKE SOME TIME TO ENJOY AND APPRECIATE YOUR HARD WORK. CELEBRATE!





## *D* Draw some healthy boundaries.

The world is constantly pulling on our attention and resources. Start drawing some clear boundaries to protect yours. Try giving yourself some time where you enjoy the peace and quiet - no phone, no news, no energy-vampires.

**TRY THIS:** IDENTIFY *ONE THING* IN YOUR LIFE THAT IS MAKING YOU FEEL TIRED OR EMOTIONALLY ZAPPED (E.G.: ENDLESS IG SCROLLING, NEWS, A GOSSIPY COWORKER) AND SET SOME CLEAR BOUNDARIES TO GIVE YOURSELF A BREAK FROM THAT THIS WEEK.

## *E* Enlist Support.

Tell your spouse, roommate, significant other, family, friends, whoever that you are working on your self-care. Give specifics if you can. Let them know you're creating this new practice so they can support you *and* honor the boundaries you put in place.

**TRY THIS:** TELL SOMEONE IN YOUR LIFE *ONE* SPECIFIC WAY YOU'RE MAKING MORE SPACE FOR SELF-CARE THIS WEEK. BONUS IF YOU CAN GIVE THEM A CLEAR WAY TO SUPPORT YOU (E.G. "WATCH THE KIDS SO I CAN HAVE QUIET TIME FROM 7-8PM TONIGHT").

## *F* Figure out what lights you up.

Run an experiment on your life to figure out what activities make you feel energized instead of depleted. This could be hiking in nature, journaling, walking your dog, a hot bath, creating something, etc.

**TRY THIS:** THIS WEEK, PICK ONE ACTIVITY YOU DON'T NORMALLY DO AND TRY IT OUT FOR AT LEAST AN HOUR. SEE IF YOU FEEL MORE ENERGIZED, GROUNDED, AND HAPPY. IF IT'S NOT 'THE ONE', TRY SOMETHING NEW NEXT WEEK, BUT KEEP TRYING UNTIL YOU FIND YOUR OWN SELF-CARE MAGIC.

## *G* Get help.

Seriously, sometimes getting help is the most caring thing you can do for yourself. If you're feeling down or like you could use a little more support, reach out. There are tons of great options out there - friends, family, a coach, or counselor (there are even some great text & online options for support).

**TRY THIS:** ASK YOURSELF WHAT YOU NEED TO FEEL MORE SUPPORTED. IF THERE IS *ANY* WAY ANOTHER HUMAN OR SERVICE CAN HELP YOU, TAKE THE FIRST STEP THIS WEEK OF STARTING THE CONVERSATION OR REACHING OUT.





## *H*Have a plan.

Use these tools and your own inner guidance to make a plan for your own self-care and then *schedule it*. If you have a clear plan and a schedule, you're way more likely to make it happen. You don't have to be super rigid with *what* you do, just make sure you're doing something.

**TRY THIS:** SCHEDULED IN 30 MINUTES PER DAY FOR THE NEXT WEEK THAT ARE JUST FOR YOU. PICK THE TIME, SET A REMINDER, AND THEN *MAKE IT HAPPEN*.

## *I*Imagine it.

Visualization is one of my favorite self-care tools. You can do so much by imagining your specific success and happiness and then bringing your energy up to match that vision. There's magic in this, trust me...

**TRY THIS:** TAKE 10 MINUTES AND JOURNAL ABOUT YOUR IDEAL LIFE. GET SPECIFIC ABOUT WHAT A DAY IN THAT LIFE LOOKS LIKE. WHERE YOU LIVE, HOW YOU FEEL LIKE, YOUR ACTIVITIES, ETC. THEN, SET A TIMER AND GO ON A VISUALIZATION JOURNEY OF THIS IDEAL DAY. SEE YOURSELF AS YOU WANT TO BE AND REALLY *FEEL* WHAT A DAY IN THIS LIFE IS LIKE.

## *J*Journal.

You knew I was going to say this, right? Journaling is my fav. Getting your thoughts out on paper & putting your wishes into the universe is one of the many benefits of journaling. It can also help you work through your shadow-stuff, helping you "talk through" challenges and often giving you more clarity or perspective on a problem.

**TRY THIS:** GIVE YOURSELF 15 MIN A DAY FOR THE NEXT WEEK TO TRY JOURNALING. FREE WRITE OR VENT ANY FRUSTRATIONS, OR IF YOU'RE FEELING STUCK, TRY THIS: LIST 10 THINGS YOU'RE GRATEFUL FOR EACH DAY. GRATITUDE JOURNALING CAN GET YOUR BRAIN FLOWING AND CHANGE YOUR ENERGY.

## *K*Kindness.

Be kind to yourself. This journey won't always be easy, you're going to have hiccups, and you may even feel like you're failing sometimes. It's all ok. Nothing is broken and you're not "bad". Give yourself some grace and keep trying.

**TRY THIS:** GO AHEAD AND WRITE YOURSELF A POST-IT NOTE PERMISSION SLIP FOR WHEN YOU HAVE A ROUGH DAY. USE IT TO REMIND YOURSELF THAT *IT'S OK TO HAVE A BAD DAY AND TO MESS UP*. PUT IT SOMEWHERE YOU CAN SEE IT WHENEVER YOU NEED IT.



## Laughter is the best medicine.

Laugh! Seriously, nothing raises our energy as quickly or effectively as a good ole genuine belly laugh.

**TRY THIS:** THIS WEEK, THINK OF SOMETHING THAT REALLY MAKES YOU LAUGH - WHETHER IT'S A GOOD FRIEND, A FUNNY MOVIE, A BOOK, ETC. AND *DIVE IN*. LET YOURSELF GIVE IN TO THE ENERGY AND LAUGH WITH ABANDON.

## Make something.

This is all about exploring how creative endeavors can make you feel and the way it can raise your energy. Give yourself a chance to explore and try new things.

**TRY THIS:** SET ASIDE 2 HOURS THIS WEEK TO DO SOMETHING CREATIVE. DRAWING, PAINTING, WRITING, BAKING (*YES, I'M ALWAYS THINKING ABOUT FOOD LOL*), SINGING, DANCING, WHATEVER STRIKES YOUR FANCY. JUST PICK SOMETHING AND GIVE IT A TRY.

## No. No. No.

*Say no no no no no...anyone else replaying old Destiny's Child in their head?*

Try saying no for a change. We spend a lot of time doing what's expected and it can take a toll on us. Give yourself permission to say no to something that doesn't make you happy. Ditch something you're just doing out of obligation. If something feels overwhelming or constricting, it may be time to give it a pass.

**TRY THIS:** PICK ONE THING THIS WEEK AND PRACTICE SAYING "NO".

## Open yourself up.

This experience may look different than you expected or thought it *should*. Stay open to growth and new experiences while you learn what feels best for you.

**TRY THIS:** GO BACK TO A CHALLENGE ABOVE THAT YOU DIDN'T COMPLETE OR FULLY LEAN INTO AND TRY IT AGAIN. IF YOU'VE DONE THEM ALL, GREAT JOB! PICK ONE YOU REALLY ENJOYED AND DO THAT ONE AGAIN INSTEAD.





## P *Play.*

You know how little kids almost always look joyful and happy and like there isn't a care in the world? I believe a lot of that is because they let themselves just enjoy the moment and *play*. Even as grownups, we could use that freedom and fun in our lives.

**TRY THIS:** DO SOMETHING SILLY AND LET YOURSELF GO ALL IN. MAYBE A WATER BALLOON OR NERF GUN FIGHT, FINGER-PAINTING, DANCING IN A TUTU, OR BUILDING YOUR VERY OWN PILLOW FORT. PICK SOMETHING AND DO IT WITH ALL THE JOY OF A KID.

## Q *Quitting time.*

This one can be especially hard when you work from home, but it affects many of us no matter where we work. So often, we don't stop when our "shift" is over - we work late, answer emails, and try to fit in *just one more thing*, which can mean more stress and less time to care for yourself.

**TRY THIS:** FOR THIS WEEK, TRY TO START AND STOP WORK *ON TIME* EVERY DAY.

## R *Reconnect with nature.*

There's something so pure and healing about getting outside, feeling the sun on your skin, the breeze in your hair, and absorbing all the nature around you. Major bonus if you can do this with shoes off, feeling the earth right under your feet.

**TRY THIS:** GO OUTSIDE FOR AT LEAST 15 MINUTES EVERY DAY THIS WEEK. SPEND TIME TAKING IN THE WORLD AROUND YOU, NOTICING ALL THE SOUNDS, AND SIGHTS, AND SMELLS AND FOR GOODNESS SAKE, *DON'T LOOK AT YOUR PHONE!*

## S *Say yes!*

I know, I said 'say no' earlier, but hear me out....Say YES to something that sounds amazing but that you would normally turn down or delay because of time, money, energy, etc. Give yourself a break and a little gift here by doing something new, just for you!

**TRY THIS:** DO SOMETHING YOU'VE ALWAYS WANTED TO DO. MAYBE YOU WANT TO TRY A NEW MAKEUP, CHECK OUT THAT STORE, HIKE A NEW TRAIL, GO KAYAKING, ETC...PICK ONE THING AND MAKE TIME FOR IT THIS WEEK.



## Treat yo'self.

Any other *Parks and Rec* fans?!?! Sometimes we forget that we just need to treat ourselves. We're so busy with *shoulds* and obligations that we just don't. Treating yourself could be as simple as a bubble bath & chocolate, or something more luxurious like splurging on a nice getaway or some fancy jammies.

**TRY THIS:** PICK SOMETHING THAT MAKES YOU *FEEL GOOD* AND TREAT. YO. SELF. THIS WEEK

## Understand your triggers.

Some things inherently make us feel more wiped out or stressed. Start to take note of when your energy gets out of whack - who was there, what happened, how did you react. Sometimes just seeing the situation from a bird's eye view can help us make a change or start to see it differently.

**TRY THIS:** TAKE NOTE FOR THE NEXT WEEK OF WHEN YOU NOTICED YOUR ENERGY & EMOTIONS GOING OFF THE RAIL. NOTICE WHO/WHAT WAS INVOLVED, HOW YOU REACTED, AND HOW YOU FELT EACH STEP OF THE WAY.

## VIP.

That's you. Please stop forgetting it. Make yourself a priority, schedule your self-care time, and *honor* that just like you would if it was for someone else.

**TRY THIS:** MAKE A LIST OF 5 THINGS YOU *LOVE* ABOUT YOURSELF AND THEN RE-READ IT. THEN, MAKE ANOTHER LIST OF 5 THINGS THAT YOU CAN DO TO TREAT YOURSELF MORE LIKE THE VIP OF YOUR OWN LIFE AND DO AT LEAST ONE OF THEM. LIKE, NOW.

## Wash your hair.

There's something to be said for washing all the day's ick and bad energy right down the drain. So spend some time and make your shower a ritual. Use nice products, take time to really suds up your hair, and relax while you feel the water on your skin.

**TRY THIS:** CREATE A SHOWER RITUAL THIS WEEK. PLAY SOOTHING MUSIC, USE GREAT SMELLING PRODUCTS, AND REALLY TAKE YOUR TIME. WHILE YOU'RE IN THE SHOWER, ENVISION ANY STRESS FLOWING DOWN THE DRAIN AS THE WATER RUNS OFF OF YOU. AFTERWARDS, PUT ON SOME LUXURIOUS LOTION OR BODY OIL AND CONTINUE THE RITUAL.





## X-out time on your calendar.

Mark out some time on your calendar that no one else can touch, time just for you. By putting it on the calendar, you make it real, make a commitment, and protect that time from other obligations.

**TRY THIS:** GRAB A SHARPIE, PICK ONE DAY THIS MONTH AND X IT OUT. RESERVE THAT DAY ENTIRELY FOR YOURSELF. TIME TO SELF-CARE IT UP IN WHATEVER WAY TICKLES YOUR FANCY!

## You. Are. Amazing.

Don't forget that. Truly, you are incredible, and the world needs exactly what you bring to it every day. Give yourself some credit for being so amazing and walking this journey.

**TRY THIS:** LOOK IN A MIRROR AND SMILE AT HOW BEAUTIFUL AND AMAZING YOU ARE.

**BONUS:** WHILE LOOKING IN THE MIRROR, TELL YOURSELF, "I LOVE YOU" A FEW TIMES. IT MAY FEEL WEIRD AT FIRST, BUT KEEP GOING UNTIL YOU REALLY *FEEL* IT.

## Get some ZZZ's

Duh, get some sleep. Sleep is one of the easiest ways to reset your energy, up your feel-good quotient, and get calm. Setting a schedule can help you not only regulate your sleep, but also manage your mood.

**TRY THIS:** FOR THE NEXT WEEK, GET IN BED (*NO PHONE, PLEASE*) AT LEAST 30 MINUTES EARLIER THAN NORMAL. GIVE YOURSELF TIME TO WIND DOWN AND HOPEFULLY GET A LITTLE EXTRA REST.