

# Ways to Nurture Yourself

Remember - nurturing, comforting, and rewarding yourself without food may feel awkward at first, but with practice it will feel more comfortable.

Buy yourself flowers

Take a bubble bath

Massage your feet with scented lotion

Curl up with a good book

Download a new song

Go window shopping

Have a tea party with a child

Put your feet up, close your eyes and relax

Look through show homes

Have a candlelit dinner at home

Give yourself a facial

Give your pet a hug

Browse in a bookstore

Do some star gazing

Send yourself a card

Phone a dear friend

Take the phone off the hook

Go to bed an hour earlier

Warm up next to a fire

Wander through an art gallery

Lie on the grass and watch the clouds

Walk in a park

Visit a greenhouse

Blow bubbles

Colour or sketch

Head to the driving range

Go for a drive with your music turned up

Book a massage

Go to the store and read greeting cards

Go fishing

Put on your pj's and drink tea

Rent a movie

Have a pedicure

Watch any show that makes you laugh

## Other Ideas

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How I will nurture myself in the next week:

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