

# 20 WAYS

## To Practice Self-Care

by Amanda Upton



### PHYSICAL

- go for a walk
- dance
- hike
- swim
- get a hug
- play with a dog
- clean and reorganize your sacred space
- take a bath

### MENTAL

- read a book
- learn a new skill like photography or drawing
- do a DIY project
- color
- turn your phone off

### EMOTIONAL

- meditate
- practice yoga
- light a candle
- talk with a friend you love and who loves you
- go on a date
- journal
- write down a list of things you're grateful for



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