The 20 Best Ways To Take Time For Yourself

Read and understand the following.

1. GO FOR A WALK

2. TAKE A DRIVE OUT TO THE COUNTRY

3. BUY YOURSELF SOMETHING SPECIAL (IT DOESN'T NEED TO BEE EXPENSIVE, JUST SPECIAL)

4. READ A BOOK

5. TAKE A BUBBLE BATH

6. LIGHT SOME CANDLES AND LISTEN TO MUSIC

7. CLEAR YOUR MIND, CLOSE YOUR EYES, AND TAKE A DEEP BREATH

8. EXERCISE (GO TO THE GYM, RAKE LEAVES, OR MOW THE LAWN — PHYSICAL ACTIVITY IS USUALLY QUITE CALMING)

9. RELAX IN YOUR FAVORITE CHAIR

10. SIT IN FRONT OF THE FIREPLACE WITH A CUP OF COFFEE (OR HOT CHOCOLATE)

11. DO SOME GARDENING (EVEN JUST WORK WITH THE HOUSEPLANTS)

12. PLAY WITH YOUR PET

13. PLAY WITH YOUR CHILDREN (KIDS HAVE A WONDERFUL SENSE OF ENERGY AND FREEDOM THAT SEEMS TO AFFECT ALL OF US)

14. GO SEE A MOVIE

15. TAKE A NAP

16. IF YOU ARE ON A DIET, GIVE YOURSELF A TREAT

17. FEELING FRUSTRATED? TAKE A BREAK AND TALK TO YOURSELF (IT IS REALLY AMAZING HOW SOMETIMES YOU CAN FIND ANSWERS OR SOLUTIONS THAT JUST WERE NOT THERE A FEW SECONDS AGO)

18. SIT IN A PARK OR SOME OTHER CALMING AREA THAT TAKES YOU CLOSE TO NATURE

19. CUDDLE UP TO YOUR 'BEST FRIEND' (SPOUSE, PET, ETC.) AND JUST QUIETLY ENJOY EACH OTHER

20. REALIZE THAT SOMETIMES BEING ALONE IS GOOD FOR YOU

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