



Holistic
A P P R O A C H F D C

Taking Some Time For Me

Having some time to yourself and doing something you love may seem impossible with everything that you have on your plate, but taking time to recharge and relax, no matter how you like to relax, is vital for a healthy mind, healthy body and healthy relationships.

Try one of these ideas, and share more of your own!

Try yoga, Pilates or meditation. Look for YouTube videos for instructions.
Go for a drive. Pump your favourite music with the windows down, and let the wind blow through your hair.
Reconnect with a friend. Call someone you haven't talked to in a while or contact someone on Social Media.
Get a pedicure, manicure, facial or spray tan.
Catch up on some reading. Audiobooks are perfect for this if you need to read on the go.
Go to your happy place. Close your eyes and you're there.
Buy yourself a journal. Look for journal prompts if you're not sure where to start.
Try a new recipe. Choose something you like without trying to please picky eaters.
Pick or buy some flowers for yourself.
Make a treat and eat it without sharing.
Do something for someone else.

Start a new hobby.
Join a book club.
Lie in the sun.
Play cards.
Do some gardening.
Try a new sport.
Play some video or computer games.
Sing.
Try some sewing or knitting.
Go for a swing at the playground.
Take some photos.
Do some star gazing.
Get dressed up.
Spend time with your pets.
Rearrange the furniture in your house.
Do a puzzle.
Plan a holiday.

Go to the movies with your best friend or by yourself!
Write something. Poetry, a letter, a short story, a song.
Have a dance party in the kitchen.
Take a bubble bath with soft music and candles.
Go for a walk or run.
Go shopping. Window shop or hit the op shops if you are on a budget.
Treat yourself to a bought lunch. Even better, get something delivered.
Take a nap.
Go for a swim.
Pull out an old photo album and remember how you felt on the day.
Get crafty.
Try a new hairstyle.

Write a thank you note to someone.
Watch something random on Netflix.
Find a podcast to listen to.
Have a cup of tea.
Flip through a trashy magazine.
Shoot some hoops.
Take some time away from technology.
Cook double dinner so you can take a night off another day.
Do some drawing or colouring in.
Do some breathing exercises.
Watch a movie while doing a chore such as the folding.
Go on a date night.
Have a good declutter of a room.
Take a bike ride.
Get a massage.

Don't think of Me Time as being self-indulgent. Think of it as self-preservation!