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Self-Nurturing Activities

- Have breakfast in bed
- Take a sauna
- Get a massage
- Buy yourself flowers or a plant
- Take a bubble bath
- Go to a pet store and play with the animals
- Walk on a scenic path in a park
- Visit a zoo
- Have a manicure/pedicure
- Wake up early and watch the sunrise
- Watch the sunset
- Relax with a good book and/or soothing music
- Rent a funny video
- Play your favorite music and dance to it by yourself
- Go to bed early
- Sleep outside under the stars
- Take a 'mental health day' off from work
- Fix a special dinner just for yourself and eat it by candlelight
- Go for a walk
- Call a good friend....or several good friends
- Go to the beach
- Take a scenic drive
- Meditate
- Browse in a record or book store for as long as you want
- Ask a special person to nurture you [feed, cuddle, and/or read to you]
- Buy yourself something special that you can afford
- Go see a good film or show
- Go to the park and feed the ducks, swing on the swings, and so on
- Visit a museum or another interesting place
- Work on you favorite puzzle or puzzlebook
- Go into a hot tub or Jacuzzi
- Write out an ideal scenario concerning a goal, then visualize it
- Read an inspirational book
- Write a letter/send an email to an old friend
- Bake or cook something special
- Go window shopping
- Buy a meditation tape
- Write in a special diary about your accomplishments
- Apply fragrant lotion all over your body
- Masturbate
- Exercise
- Explore a new neighborhood
- Make a collage, or other art project
- Take a yoga class