

20 Things You Can Do Just For Yourself

1. Go for a walk
2. Take a nap
3. Play with your pet
4. Take a bubble bath
5. Relax in your favorite chair
6. Take a drive in the country
7. Read a book
8. Do some gardening
9. Light some candles and listen to music
10. Give yourself a treat
11. Clear your mind, close your eyes and take a deep breath
12. Relax with a cup of coffee
13. Treat yourself to something special
14. Exercise - Physical activity is quite calming
15. Sit in the park or by the beach
16. Be with a good friend
17. Go see a funny movie
18. Play with your kids
19. Read your bible
20. Do your favorite thing