*Inner Self-Care*

* Make a date with yourself. Spend an hour alone doing something that nourishes you
* Praise yourself when you do something awesome.
* Read books and watch movies you enjoy.
* Paint or write something that lets out your creative energy.
* Unplug.
* [Journal](http://www.healthyplace.com/blogs/buildingselfesteem/2015/07/journal-to-improve-self-esteem/).
* Learn something new, research something you’re interested in.
* Meditate.
* Take a class for fun.
* Take a quick nap. Only 10 to 20 minutes can reduce your sleep debt and leave you ready for action.
* Learn [mindfulness](http://www.healthyplace.com/blogs/buildingselfesteem/2013/03/how-mindfulness-can-increase-self-confidence/)or connect with a spiritual practice that vibes with you.

*Outer Self-Care*

* Eat something you enjoy.
* Have a long bath or shower, sit around in your bathrobe, and read magazines.
* Do a mini-declutter. Recycle three things from your wardrobe or clean out your backpack/purse.
* Help someone. Carry a bag, open a door, or pick up something for a friend.
* Stretch. 5-10 minutes to get out the kinks helps your body and mind.
* Run or walk for a few minutes. Or go up and down the stairs two at a time, get your heart rate up.
* [Touch a pet](http://www.healthyplace.com/blogs/copingwithdepression/2015/09/why-animals-may-be-helpful-for-depression/). If you don’t have one, go to the park or animal shelter and ask to touch one.
* Give your body comfort. Pick something from your wardrobe that feels great next to your skin.
* Use lotion or a product that makes you happy.
* Spend time with [real friends](http://www.healthyplace.com/blogs/buildingselfesteem/2014/12/having-real-friends-and-your-self-esteem/) and other people who lift you up.