

Biblical Self-Care

ideas



If you found this on my website—welcome! Sign-up for my [Doing the Best We Can Blog](#) for more biblical self-care ideas. Also, you can connect with me on [Facebook](#) and [Instagram](#). Let's take the journey of growing in biblical self-care together!

Walk in the woods, by a lake, by the ocean, in the mountains

Play with your fur-babies

Laugh with friends and/or family

Create – a painting, a craft, something healthy to eat, something written

Play music/listen to music

Stream a show or movie

Read something

Play a game

Do a puzzle

Work outside

Clear out your pantry and/or frig, getting rid of processed foods and replace with healthier foods

Learn something new on YouTube

Move your body – walk outside, ride your bike, do yoga or stretching, walk your dog, do some mobility or strength training. Just move

Connect with family and/or friends—or disconnect if this is what you need!



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(continued)



Go out somewhere fun with friends and/or partner

Do something playful with your kids—play in the hose, blow bubbles, play tag

A little pampering—do your nails or get them done, a massage, go to the chiropractor, get your hair done, use a sauna or steam room

Take a nap, sleep-in, or go to bed early

Light a candle and sit quietly while you journal your heart to God

Journal about what you're feeling today, good and bad

Talk to a friend/loved one to process your emotions

Download an App that has short daily Scripture lessons (TheBible App, First 5, etc.) and commit to ten minutes a day

Turn off everything and just be (a good practice for the Sabbath)

Take a fast from social media (another good practice for the Sabbath)

Don't answer your phone for a time period

Sit by a fire, or a stream, or the beach

Rock in a rocking chair

Enjoy a glass of wine or cocktail

Savor a cup of tea or coffee

