

## **The *Minute. Hour. Day. Self-Care Practice***

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No matter what stage of life you're in—raising kids, building a career, caregiving, or navigating transitions—you can find moments to take care of yourself. You don't need hours of free time to reset your body and mind. Research shows that even brief moments of rest can activate the parasympathetic nervous system, helping reduce stress and enhance emotional well-being. This guide blends science and joy with 100 one-minute, 50 one-hour, and 25 full-day self-care ideas. Take what fits. Leave the rest. Just start.

### **ONLY ONE MINUTE? (100 ideas)**

1. Take 3 deep belly breaths.
2. Look out the window and sky-watch.
3. Drink a glass of cold water slowly.
4. Smile at yourself in the mirror.
5. Stretch your arms toward the ceiling.
6. Name 3 things you're grateful for.
7. Do a shoulder roll.
8. Light a scented candle and breathe it in.
9. Touch something soft and focus on its texture.
10. Repeat an empowering affirmation.
11. Blink slowly for 30 seconds.
12. Rub your hands together and place them over your eyes.
13. Pray/Read bible.
14. Watch a 60-second nature video.
15. Hug yourself—tight.
16. Massage your temples.
17. Sniff an essential oil.
18. Give your pet a quick cuddle.
19. Unclench your jaw and relax your face.
20. Stand barefoot on grass or carpet.
21. Listen to a single calming sound: waves, rain, wind.
22. Shake your arms like spaghetti noodles.
23. Trace the outline of your hand slowly with a finger.
24. Close your eyes and imagine your favorite place.
25. Stick your tongue out like a frog.
26. Brush your hair slowly and mindfully.
27. Draw a quick doodle.
28. Say "I'm okay" out loud.
29. Stretch like a cat.
30. Squeeze a stress ball.

31. Do a forward fold and let your head hang.
32. Blink 20 times to refresh your eyes.
33. Smile like no one's watching—even if someone is.
34. Do a 1-minute wall sit (feel the burn!).
35. Stand up and march in place.
36. Do a mini dance burst.
37. Place your hand over your heart and feel it beat.
38. Wiggle your toes.
39. Repeat a positive mantra: "This moment is mine."
40. Use a calming app for a guided breath.
41. Notice 5 things around you.
42. Breathe in for 4, hold for 4, out for 4 (box breathing).
43. Look at a photo that makes you happy.
44. Send a quick loving message to someone.
45. Look at something green (nature = calm).
46. Smell coffee.
47. Tense and release your shoulders.
48. Say your full name with love and confidence.
49. Clap loudly 5 times—reset your brain!
50. Stick your hand in cold water briefly (grounding).
51. Spin slowly in a circle and breathe.
52. Whisper "thank you" three times.
53. Count backwards from 10 slowly.
54. Do "bee breath" (buzz on the exhale).
55. Hold a crystal or stone and notice its details.
56. Brush your lips gently with your fingers (calming nerve endings).
57. Visualize a favorite childhood memory.
58. Make a silly face in the mirror.
59. Run your fingers over your scalp.
60. Blink and yawn on purpose.
61. Sniff something sour or surprising (wake up your senses).
62. Shake your head no, then yes, slowly.
63. Flop down on the floor.
64. Sing the chorus of your favorite song.
65. Feel your pulse for 20 seconds.
66. Open your mouth wide and stretch your jaw.
67. Use your knuckles to massage your neck.
68. Look at the ceiling while breathing deeply.
69. Name 3 people who love you.
70. Rub lotion into your hands slowly.
71. Focus on your exhale longer than your inhale.
72. Pretend you're blowing out birthday candles.
73. Touch something cold like a fridge door or cool cup.

74. Stick a positive sticky note somewhere nearby.
75. Say thank you for simple things.
76. Try “5-4-3-2-1” grounding: 5 things you see, 4 touch, 3 hear, 2 smell, 1 taste.
77. Lick a lemon or sour candy.
78. Run warm water over your hands.
79. Stomp your feet gently (releases tension).
80. Pick a flower or leaf and examine it closely.
81. Do a 1-minute plank or yoga pose.
82. Look up a random positive quote.
83. Brush your teeth (refresh = reset!).
84. Put your hand on your belly and breathe into it.
85. Say “I am safe, I am loved.”
86. Take off your shoes and wiggle your toes.
87. Look at the clouds and name their shapes.
88. Draw a heart with your finger in the air.
89. Open a window and feel the breeze.
90. Breathe with your hands over your ribs.
91. Imagine yourself laughing and actually giggle.
92. Wink at yourself in the mirror.
93. Do “elevator breath”—inhale up the spine, exhale down.
94. Scribble on a sticky note and throw it away.
95. Close your eyes and hum softly.
96. Visualize a soft, golden light filling your body.
97. Snap your fingers rhythmically for 30 seconds.
98. Say your favorite color aloud.
99. Imagine you’re under a waterfall of peace.
100. Say “I get one minute. It matters.”
101. Do ear massages (yes, really—it calms the nervous system!).

### **UP TO ONE HOUR? (50 ideas)**

1. Take a bath with candles and music.
2. Go for a mindful walk in nature or your neighborhood.
3. Read a chapter of a fiction or self-help book.
4. Do a gentle yoga or stretching routine.
5. Call a friend or family member and catch up.
6. Pray/Read bible.
7. Bake something from scratch—enjoy the process.
8. Journal for clarity, healing, or creativity.
9. Do a guided meditation.
10. Create a playlist of songs that lift your mood.
11. Paint, draw, color, or try a new craft.
12. Rewatch a comforting movie or show episode.

13. Organize your phone photos or digital files.
14. Dance around your house to upbeat music.
15. Take a power nap (20–30 minutes).
16. Do a self-massage with lotion or oil.
17. Go to a park or outdoor café and people-watch.
18. Try a new recipe.
19. Write a thank you letter to someone meaningful.
20. Water your plants or tend a small garden.
21. Write your future self a letter.
22. Do a puzzle or brain game.
23. Try aromatherapy with essential oils.
24. Listen to a podcast while doing something low-key.
25. Rearrange or refresh a corner of your space.
26. Try breathwork for relaxation.
27. Research something you're curious about.
28. Do a hobby you've neglected.
29. Create a vision board or dream list.
30. Watch the sunrise or sunset intentionally.
31. Volunteer virtually or prep a donation box.
32. Write a poem or short story.
33. Create a gratitude list or jar.
34. Visit a local museum or library.
35. Sketch in a notebook—no skill required.
36. Explore a neighborhood you've never walked before.
37. Visit a local shop or boutique—browse with no agenda.
38. Get a manicure or do your own nails.
39. Go to a coffee shop and people-watch.
40. Schedule an appointment you've been avoiding.
41. Organize your books or create a to-read list.
42. Try a new skincare routine.
43. Clean out your car or purse/bag.
44. Watch an inspiring TED Talk or short documentary.
45. Play an instrument or learn one online.
46. Write down 10 things you've accomplished lately.
47. Make a mocktail or herbal tea and savor it.
48. Try journaling using a prompt.
49. Spend uninterrupted time with your pet.
50. Do absolutely nothing. Sit. Breathe. Be.

## ONE DAY OR MORE? (25 ideas)

1. Plan a full-day personal retreat with no digital devices.
2. Go to the beach, lake, or nature preserve—just to be.
3. Spend the day in silence and reflection.
4. Take a day trip to a nearby town or museum.
5. Attend a wellness or spiritual retreat.
6. Host a creativity day—crafts, music, writing, painting.
7. Take yourself on a solo date—movie, meal, and walk.
8. Spend the day with someone who brings you peace.
9. Spend the whole day in pajamas doing what you love.
10. Visit a spa or create a spa experience at home.
11. Hike a new trail and journal about the experience.
12. Unplug completely and focus on analog living.
13. Plan a themed day: “Cozy Day,” “Adventure Day,” etc.
14. Explore a local botanical garden or zoo.
15. Rewatch childhood movies and make your favorite snack.
16. Spend a day learning—attend a workshop or course, go deeper spiritually.
17. Travel somewhere new—even just for the day.
18. Do a full home reset—clean, organize, beautify.
19. Create art all day—collage, paint, photograph.
20. Visit a farmer’s market and cook with what you find.
21. Write or sketch your life story or memoir.
22. Reconnect with an old friend and reminisce.
23. Book a hotel room just for yourself for one night.
24. Spend the day giving back—volunteer, serve, surprise someone.
25. Do absolutely nothing. No guilt. Just rest.

No matter what you choose, take care of yourself today!

Love & Hugs 🤗🤗



AUTHOR | SPEAKER | TRAINER

P: 615.497.7714

[tamiwest@tamiwest.com](mailto:tamiwest@tamiwest.com) | [www.tamiwest.com](http://www.tamiwest.com)

[www.facebook.com/TamiWestSeminars](https://www.facebook.com/TamiWestSeminars) [www.twitter.com/TamiWest](https://www.twitter.com/TamiWest) [www.linkedin.com/in/tamiwest/](https://www.linkedin.com/in/tamiwest/)