

1. Watch a movie or
2. Binge-watch a show on Netflix
3. Listen to some relaxing or upbeat music
4. Read a book
5. Go for a walk
6. Take a hot bath
7. Enjoy your favorite snack or dessert
8. Try a new recipe/food
9. Give yourself a manicure or pedicure, or go out and get one
10. Cook a meal for yourself
11. Have a staycation
12. Meditate to clear and calm your mind
13. Get a massage
14. Say “no” to something you really don’t want to do
15. Have lunch or coffee with a friend
16. Spend some time outside in nature
17. Clean and declutter your room
18. Look through old photos and photo books
19. Start or write in a journal
20. Color in a coloring book
21. Play a game with a friend or family member
22. Do something fun that you’ve never done before
23. Listen to a fun or inspiring podcast
24. Volunteer in the community
25. Take a nap or get to bed earlier
26. Do a face mask
27. Make a vision board
28. Go to a museum or art gallery
29. Do some yoga or stretching to relax your body
30. Donate unwanted items to charity
31. Take a social media break
32. Light candles or diffuse essential oils
33. Make and eat a traditional meal
34. Attend a meetup or social event (virtually or in person)
35. Do a workout you love
36. Get your camera and take pictures in nature or where you live
37. Do something fun and creative or artistic, like paint or draw
38. Spend some time with people you love
39. Make a list of all the things you love about yourself
40. Take a road trip
41. Play video games
42. Bake and decorate cookies
43. Pick fresh flowers to put in your room
44. Make a list of positive affirmations and repeat them to yourself over the weekend
45. Do something you loved to do, but don’t do much anymore
46. Dance to your favorite music
47. Work on something you wish you had more time for, like writing or organizing
48. Try a new hobby
49. Sing and dance along with throwback songs
50. Make a list of goals and dreams + ways you can achieve them
51. Redecorate an area in your home
52. Catch up with a friend you haven’t talked to in a while
53. Walk or play with your dog/pet
54. Take a class or course you’re interested in
55. Make a list of things you’re grateful for
56. Drink lots of water
57. Buy or try on some new clothes
58. Plan for the upcoming week
59. Go to bed early – get at least 8 hours of sleep
60. Join a hiking group
61. Visit the senior center in your community or nearby
62. Practice being still and taking deep breaths
63. Garden
64. Go to a community event