

20 Self-Care Ideas

We know it's hard to engage in quality self-care when you're on a budget and pressed for time. We've been there – not having showered in days, wondering where the non-spit-up-stained clothing might be hiding, cramming rejected cold dinosaur shaped chicken nuggets in our mouths and calling it lunch. We know you can do better. And we're gonna help.

There's only so many times you can be told to get a monthly massage or have your hair done before you give up on self-care altogether because, let's face it, that's not always an option. We simply can't always find an hour and a hundred bucks to take care of ourselves and we know you can't either.

Because we love you, dear Peach, we're giving you 20 self-care ideas you can do quickly and on the cheap. Pick a few or do them all – just make sure you taking a few to take care of you each and every day.



1. Give yourself a foot massage with your favorite lotion.
2. Read something that makes you feel wonderful.
3. Write in a journal.
4. Take a walk and notice everything around you that's your favorite color.
5. Listen to a song that makes you move your body in a way that feels amazing.
6. Take a nap.
7. Take a bath.
8. Stretch your body using some gentle yoga poses.
9. Call a friend.
10. Light a candle and take three deep breaths while focusing on the flame.
11. Drink a tall cool glass of water or a nice hot mug of herbal tea.
12. Get artistic! Color, draw or paint something that speaks to you.
13. Find some sunshine and soak it up.
14. Do a crossword puzzle, word search or Sudoku puzzle.
15. Do an exercise video that makes your heart pump and makes you feel strong.
16. Put clean sheets on your bed.
17. Wrap yourself in a cozy blanket or oversized sweater.
18. Cook something delicious and then eat it in silence.
19. Wash your face and brush your teeth.
20. Find love and support from someone who gets it. We mean us, of course! Join us on [Facebook](#), [Instagram](#) or [Twitter](#) or become a member of the [Peachie Moms Tribe](#) where there's always a sister ready to help your day be just a bit sweeter, we promise!