

## Time for Self-Care

What is self-care? It is anything that you find relaxing and restoring. What works for one person may not work for another. We asked people to tell us what they are doing for self-care or how they are coping with the added stresses they are experiencing this year.

We would love to hear what you are doing for self-care/coping with this year's challenges. Contact us at [IndivisibleSpokane24@gmail.com](mailto:IndivisibleSpokane24@gmail.com), and mention the COPING guide.

### **Physical**

- Walking in neighborhood
- Spending time in nature/Wildlife
- Gardening
- Jogging
- Going to the gym
- Snowshoeing
- Skiing, Snowboarding
- Golf
- Kayak, Paddleboard, Canoeing
- Bike Riding
- Pickleball
- Archery
- Badminton
- Dancing
- Horseback riding
- Skating
- Martial Arts
- Rock climbing
- Swimming
- Yoga
- Hunting
- Sports

- Treadmill
- Tai Chi/Qigong
- Paying attention to sleep hygiene
- Improving Physical and Mental Health
- Home Organization/Cleaning
- Yard Work
- Ballet, Gymnastics
- Whole body massage, Craniosacral Therapy, Reflexology, Facial
- Foraging
- Walk a shelter dog

## **Social**

- Spending time with family and friends
- Facetime with out of state friends
- Meet ups, Organizing
- Volunteering
- Board games
- Community gardening
- Book clubs
- Community action
- Participating in community local events
- Letter writing
- Educating and advocating for others
- Dog/Cat therapy
- Social media, Substack's, Youtube,
- Starting social media pages or groups to allow sharing openly
- AA and Recovery Dharma type Groups
- Designing underground zines, Adbusters
- Facebook self-care events
- Sound Baths
- Retreats
- National zoom events to gain information and support one another
- Debrief circles
- Focusing on state and local community
- Donating
- Activism
- Donkey club
- Game night

- Fundraising events
- PJALS- Peace and Justice Action League
- Protest
- Camping
- Dancing
- Escape rooms
- Scavenger hunt
- Traveling
- Bowling
- Going to the movies
- Concerts
- Fitness classes
- BBQ
- Going to the beach
- Bonfire
- Birthday parties
- Cultural events
- Darts, pool, ping pong
- Fishing
- Improv
- Comedy clubs
- Education or hobby Classes
- Picnic
- Political gatherings
- Professional conferences
- Skate Park
- Theme Park, amusement park
- Backpacking

### **Mental /spiritual**

- Reading
- Turning off the media or more focused media consumption
- Podcast
- Counseling, Therapy
- Meditation, Contemplative Groups
- Watching Documentaries
- Watching comforting TV programs
- Journaling

- Maintaining a steady mindset
- Get out of bed, stay out of depression
- Faith based events
- Learning about history and civil rights fights
- Cooking
- Video gaming
- Adult coloring
- Self care workbooks
- Prayer
- Religious activities
- Mantra
- Genealogy
- Reiki
- Star gazing
- Learn a new language
- Sunbathing
- Home improvement project
- Take a drive, look at Christmas lights
- Write a letter

## **Arts**

- Poetry, haiku
- Creativity, Imagination
- Painting
- Music
- Theater
- Knitting
- Crafts
- Sew
- Ballet
- Ceramics, pottery
- Drawing
- Photography
- Sculpture
- Jewelry making
- Writing
- Opera
- Going to Museums

- Architecture
- Filmmaking
- Bubble bath