

# Self Care Grid

<b>Short Time</b>	<b>High Energy</b>	<b>Long Time</b>	<b>High Energy</b>
<b>Short Time</b>	<b>Low Energy</b>	<b>Long Time</b>	<b>Low Energy</b>



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**Short time - 20 min**  
**Long time - 2 to 3 hours**

# Self Care Suggestions

## Short Time High Energy

- Dance to a favorite song – *Move your body and shake off stress.*
- Power walk around the block – *Get fresh air and a quick energy boost.*
- Jump rope – *A fun, fast way to elevate your heart rate.*
- Tidy up one small area – *A quick cleaning session can be surprisingly refreshing.*
- Try an ice-cold face wash or shower – *Instantly wakes you up!*
- Do a fast-paced chore – *Race yourself while vacuuming or washing dishes.*
- Stretch and shake it out – *Loosen tension and feel refreshed.*
- Try a voice warm-up or sing loudly – *Engages breath and energy.*
- Do a quick brainstorming session – *Jot down creative ideas or a to-do list.*
- Make a fast, energizing snack – *Something protein-packed like yogurt with nuts or a smoothie.*
- Get a fancy espresso or smoothie – *A quick treat for an energy boost.*
- Go for a drive and blast upbeat music – *Even a short drive to nowhere can be refreshing.*
- Do a short high intensity workout – *Plenty of free YouTube videos.*
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# Self Care Suggestions

## Long Time

## High Energy

- Go on a long hike – *Choose a scenic trail for an adventure.*
- Do a big home organization project – *Declutter or rearrange a space.*
- Have a solo dance party – *Make a playlist and go wild.*
- Play an intense game of tag or hide-and-seek with kids – *Get outside and move.*
- Train for a 5K or long-distance run – *Set a goal and work toward it.*
- Do a DIY bootcamp workout at the park – *Use benches, stairs, and open space.*
- Volunteer at an active event – *Help at a local race, cleanup, or food bank.*
- Take a long city walk – *Explore a part of town you don't usually visit.*
- Go geocaching – *A real-world treasure hunt using a GPS app.*
- Plan and cook an elaborate meal – *Something you wouldn't usually take the time for.*
- Garden or do outdoor work – *A productive way to get into some dirt.*
- Take a fun fitness class – *Boxing, dance, rock climbing, or anything new.*
- Go to an amusement park or trampoline park – *Let loose and play!*
- Try indoor or outdoor rock climbing – *A great mix of movement and challenge.*
- Take a day trip to a nearby town – *Explore new places, even for a few hours.*
- Go bowling, mini-golfing, or ax-throwing – *Something playful and engaging.*
- Join a pickup sports game – *Many places have casual leagues or drop-in sessions.*
- Go horseback riding – *Many stables offer short trail rides.*
- Try an escape room with friends – *A mix of mental and physical activity.*
- Go on a bike ride somewhere scenic
- Book a dance or martial arts class – *Something new to challenge yourself.*

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# Self Care Suggestions

## Short Time

## Low Energy

- Sip a warm drink slowly – *Enjoy a cup of tea, coffee, or cocoa.*
- Listen to calming music – *Let it wash over you while you rest.*
- Take a short nap – *Even 10 minutes can refresh your mind.*
- Read a few pages of a book – *Escape into another world for a moment.*
- Do deep breathing exercises – *Slow, intentional breaths can reset your system.*
- Sit outside and people-watch
- Write down three things you're grateful for – *A simple mindset shift.*
- Use a warm compress or heating pad – *Soothing for body and mind.*
- Do a simple puzzle – *A few minutes of sudoku or a crossword can be calming.*
- Practice progressive muscle relaxation – *Tense and release muscles to ease stress.*
- Doodle or color – *A simple, mindless way to relax.*
- Go to a bakery and buy one special treat – *Something just for you.*
- Use a meditation app
- Buy a small puzzle book – *Sudoku, crosswords, or a logic puzzle.*
- Listen to an audiobook.
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# Self Care Suggestions

## Long Time

## Low Energy

- Take a long bath with candles and music – *Add Epsom salts if you have them.*
- Have a cozy reading afternoon – *Pile up blankets and lose yourself in a book.*
- Watch your favorite comfort movie or TV show – *No guilt about rewatching!*
- Go for a slow nature walk – *No phone, just noticing your surroundings.*
- Lay in bed and listen to a podcast or audiobook – *No pressure to do anything.*
- Do some gentle stretching or yoga – *Focus on slow, restful movement.*
- Write in a journal – *Reflect, doodle, or brain-dump your thoughts.*
- Sit outside and just breathe – *No agenda, just being.*
- Take an intentional nap – *Set up a cozy space and let yourself drift.*
- Listen to a long meditation or nature sounds – *Let yourself fully relax.*
- Listen to your favorite album, something from your past.
- Get a professional massage – *A deep-tissue or relaxation massage can reset your body.*
- Go to a quiet café and read – *Buy a special drink and savor the time.*
- Watch a movie in a reclining theater seat – *Even a solo movie date can be peaceful.*
- Take a scenic train or ferry ride – *Just sit back and enjoy the view.*
- Visit a botanical garden or museum – *Walk slowly and take in the beauty.*
- Order takeout and eat somewhere peaceful
- Buy an art or craft kit – *Something like adult coloring books, paint by number, or leather making.*
- Take a slow scenic drive – *Explore without a destination.*
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