

INDOOR

NOURISHING

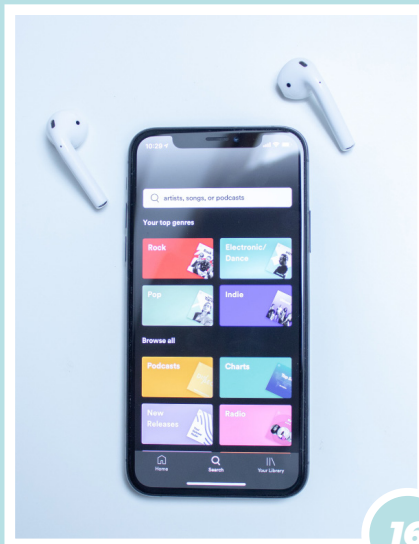
ACTIVITIES

INSPIRATION





2



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19



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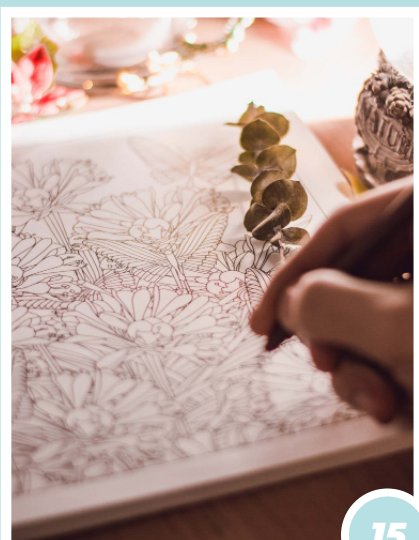
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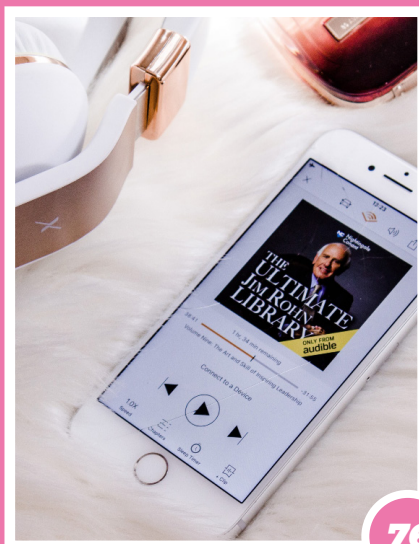
Improve your mental wellbeing by prioritising and scheduling a sufficient amount of nourishing activities in your life. We recommend diarising at least two acts of self-care per week. Tick the activities you're interested in trying out below.

- ☐ 1. Watch a documentary
- ☐ 2. Journal
- ☐ 3. Browse new healthy recipes
- ☐ 4. Meal prep or plan
- ☐ 5. Call or text someone
- ☐ 6. Plan your next trip
- ☐ 7. Meditate
- ☐ 8. Watch comedy on YouTube or Netflix
- ☐ 9. Research things to do where you live
- ☐ 10. Learn some basic yoga poses
- ☐ 11. Make a vision board
- ☐ 12. Learn how to play a musical instrument
- ☐ 13. Review your to do lists on the Google Keep app
- ☐ 14. Read a biography about someone who inspires you
- ☐ 15. Do some mindful colouring
- ☐ 16. Rediscover old music you liked when you were a teenager
- ☐ 17. Do a digital detox
- ☐ 18. Make a list of things to save up for
- ☐ 19. Have a relaxing DIY foot soak
- ☐ 20. Invite a friend over
- ☐ 21. Browse for live music events
- ☐ 22. Play on a trivia or games app
- ☐ 23. Plan a hike
- ☐ 24. Learn calligraphy or hand-lettering
- ☐ 25. Talk to a volunteer listener on a helpline
- ☐ 26. Learn about nutrition
- ☐ 27. Start a blog
- ☐ 28. Watch cooking videos on YouTube
- ☐ 29. Browse the Meetup app for local social events
- ☐ 30. Mindfully enjoy a cup of tea
- ☐ 31. Make a travel bucket list
- ☐ 32. Listen to a podcast
- ☐ 33. Make a DIY face or hair mask
- ☐ 34. Arrange to catch up with someone
- ☐ 35. Make a list of new recipes to try
- ☐ 36. Make yourself a fancy breakfast in bed at the weekend
- ☐ 37. Have a bubble bath
- ☐ 38. Look for outfit inspiration on Pinterest or YouTube
- ☐ 39. Explore new music
- ☐ 40. Learn how to give yourself a manicure or pedicure
- ☐ 41. Browse the Bumble BFF app to meet new people





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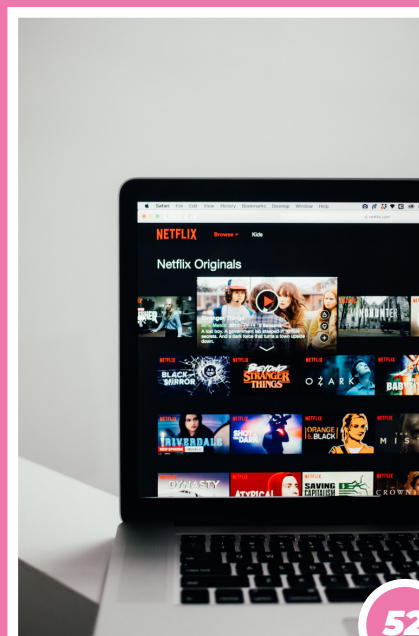
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- ☐ 42. Reorganise or redecorate your living space
- ☐ 43. Rearrange your wardrobe
- ☐ 44. Learn how to cut your own hair
- ☐ 45. Do a jigsaw puzzle
- ☐ 46. Make an exercise playlist of fast tempo songs
- ☐ 47. Bake some treats to take into work
- ☐ 48. Declutter
- ☐ 49. Learn how to make sushi
- ☐ 50. Start bullet journaling
- ☐ 51. Play on a games console
- ☐ 52. Find a new TV series to watch
- ☐ 53. Use a deep conditioning hair mask
- ☐ 54. Organise the apps on your phone
- ☐ 55. Search Pinterest for craft or DIY projects
- ☐ 56. Read a book
- ☐ 57. Have friends over for board games
- ☐ 58. Browse r/aww or r/funny on the Reddit app
- ☐ 59. Learn how to draw
- ☐ 60. Research a new beauty or skincare product to try
- ☐ 61. Have an at home spa day
- ☐ 62. Make a list of professional goals
- ☐ 63. Make a scrapbook
- ☐ 64. Plan your outfits
- ☐ 65. Make a list of films you want to watch
- ☐ 66. Turn your music up loud and dance in your room
- ☐ 67. Paint
- ☐ 68. Use an electric massaging device or heat pad
- ☐ 69. Do a workout video
- ☐ 70. Brainstorm ways to save more money
- ☐ 71. Learn furniture building or upcycling
- ☐ 72. Read up on current affairs
- ☐ 73. Make a life experiences bucket list
- ☐ 74. Do your nails
- ☐ 75. Browse a voucher and coupons website
- ☐ 76. Listen to an audiobook
- ☐ 77. Research healthy snack ideas
- ☐ 78. Make a DIY lip scrub
- ☐ 79. Rearrange your room
- ☐ 80. Play Sudoku
- ☐ 81. Research weird fun facts
- ☐ 82. Do some stretches
- ☐ 83. Tone your arms with some hand weights
- ☐ 84. Plan a road trip
- ☐ 85. Learn how to code on Codecademy
- ☐ 86. Sell things on eBay
- ☐ 87. Review your finances
- ☐ 88. Make a scrapbook of inspiring quotes

*“When you  
recover or discover  
something that  
nourishes your  
soul and brings joy,  
care enough about  
yourself to make  
room for it  
in your life.”*

*– Jean Shinoda Bolen*





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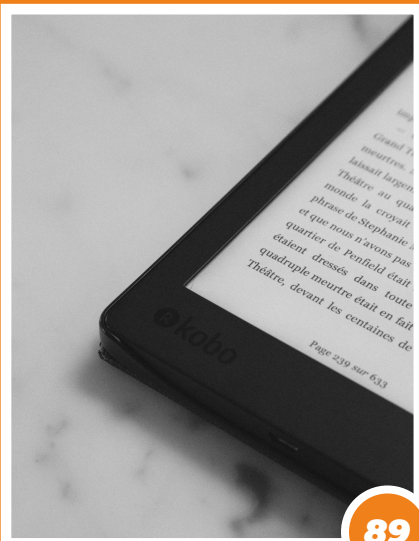
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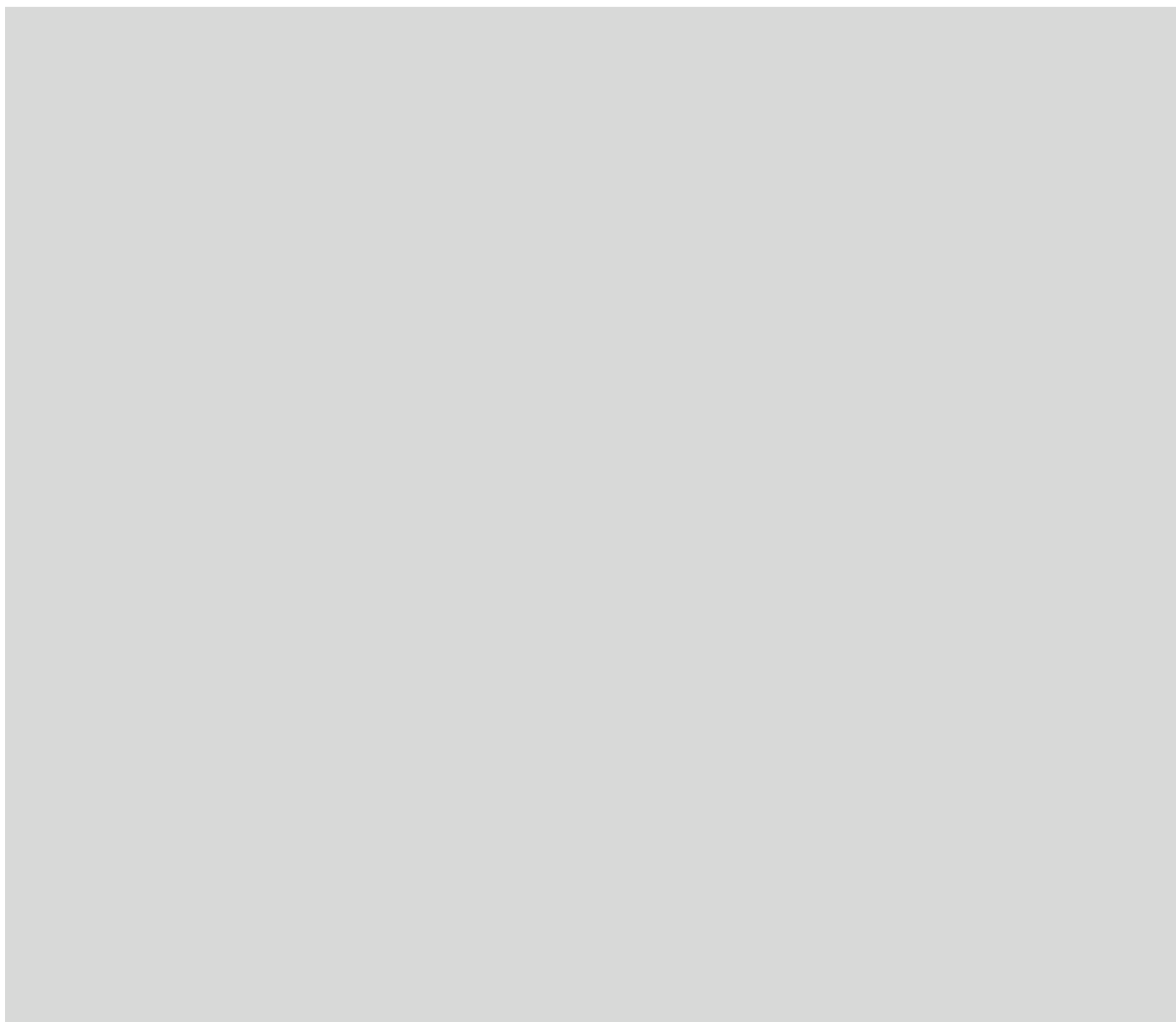
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- ☐ 89. Learn a new language
- ☐ 90. Learn knitting, cross-stitch, or embroidery
- ☐ 91. Do a facial massage
- ☐ 92. Plan some thoughtful birthday or Christmas gifts
- ☐ 93. Do online food shopping
- ☐ 94. Look through old photos and videos
- ☐ 95. Read a magazine
- ☐ 96. Listen to ASMR videos on YouTube
- ☐ 97. Find a new charity to donate to
- ☐ 98. Watch educational Crash Course videos on YouTube
- ☐ 99. Learn origami
- ☐ 100. Learn how to make a quilt
- ☐ 101. Learn how to make your favourite cocktail
- ☐ 102. Browse Wikipedia
- ☐ 103. Use an app to learn world geography
- ☐ 104. Teach yourself solitaire
- ☐ 105. If you don't already have one, look into getting a pet
- ☐ 106. Sell your books on Amazon
- ☐ 107. Plan a backpacking trip
- ☐ 108. Make a 'pumped up' playlist to listen to before something challenging
- ☐ 109. Try baking your own bread
- ☐ 110. Learn how to solve a Rubik's cube
- ☐ 111. Read up on politics
- ☐ 112. Make a woven mandala
- ☐ 113. Do a jigsaw puzzle
- ☐ 114. Start a side project to earn extra money
- ☐ 115. Browse the We3 app to meet new people
- ☐ 116. Listen to piano music
- ☐ 117. Learn how to draw a mandala
- ☐ 118. Learn about the world through Geography Now on YouTube
- ☐ 119. Do a free online course
- ☐ 120. Watch makeup tutorials on YouTube
- ☐ 121. Do a word search
- ☐ 122. Listen to the radio
- ☐ 123. Do a home improvement project
- ☐ 124. Research future job options
- ☐ 125. Learn about philosophy through The School of Life on YouTube
- ☐ 126. Research interior design ideas on Pinterest
- ☐ 127. Learn how to make jewellery
- ☐ 128. Read a newspaper
- ☐ 129. Research how to help the environment
- ☐ 130. Write a poem or short story
- ☐ 131. Make a cookbook of your favourite recipes
- ☐ 132. Browse the Pacifica app's peer support community
- ☐ 133. Volunteer as a telephone befriender
- ☐ 134. Make a budgeting plan
- ☐ 135. Explore growing your own food



- ☐ 136. Play on a chess app
- ☐ 137. Write stand up comedy material
- ☐ 138. Go on the Google Earth app
- ☐ 139. Learn how to juggle
- ☐ 140. Write a loving letter to yourself to read when you're distressed
- ☐ 141. Learn graphic design or illustration
- ☐ 142. Try out some new hair or make-up ideas
- ☐ 143. Make a list of books to read
- ☐ 144. Learn how to do card tricks
- ☐ 145. Host a wine and cheese party
- ☐ 146. Play on a Scrabble app
- ☐ 147. Read poetry
- ☐ 148. Be a volunteer listener on 7Cups.com
- ☐ 149. Keep a dream journal
- ☐ 150. Browse the Patook app to meet new people
- ☐ 151. Watch TED Talks
- ☐ 152. Do a crossword puzzle

## MY LIST OF INDOOR ACTIVITIES TO TRY



MY FAVOURITE INDOOR ACTIVITIES

