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
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 Codeacademy
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
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
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