

INDOOR

NOURISHING

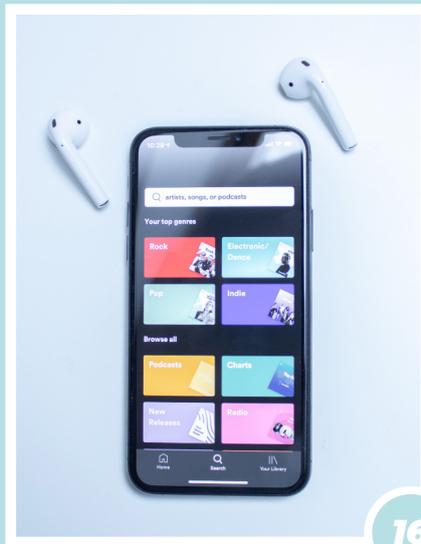
ACTIVITIES

INSPIRATION





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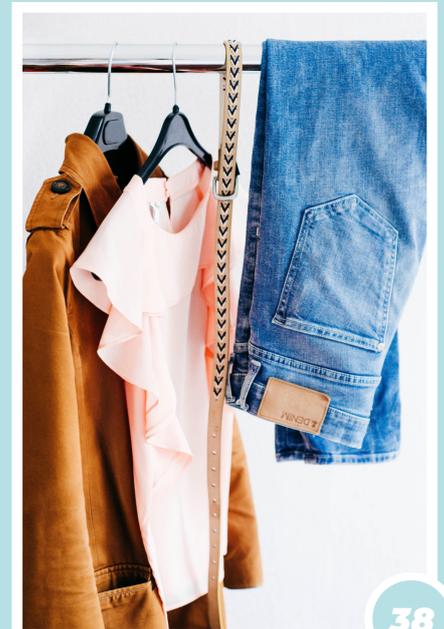
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Improve your mental wellbeing by prioritising and scheduling a sufficient amount of nourishing activities in your life. We recommend diarising at least two acts of self-care per week. Tick the activities you're interested in trying out below.

- 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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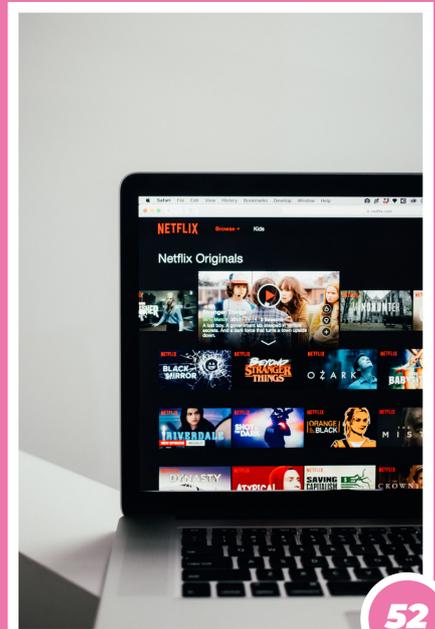
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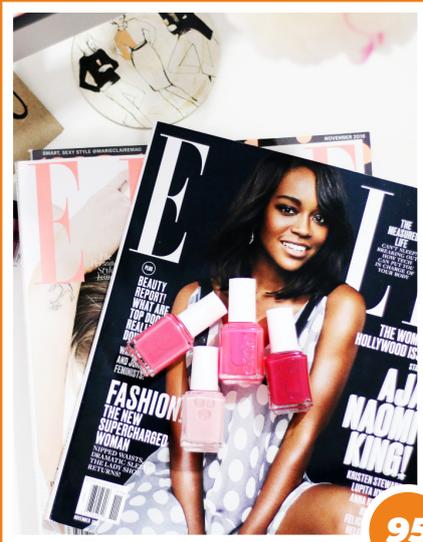
- 42. Reorganise or redecorate your living space
- 43. Rearrange your wardrobe
- 44. Learn how to cut your own hair
- 45. Do a jigsaw puzzle
- 46. Make an exercise playlist of fast tempo songs
- 47. Bake some treats to take into work
- 48. Declutter
- 49. Learn how to make sushi
- 50. Start bullet journaling
- 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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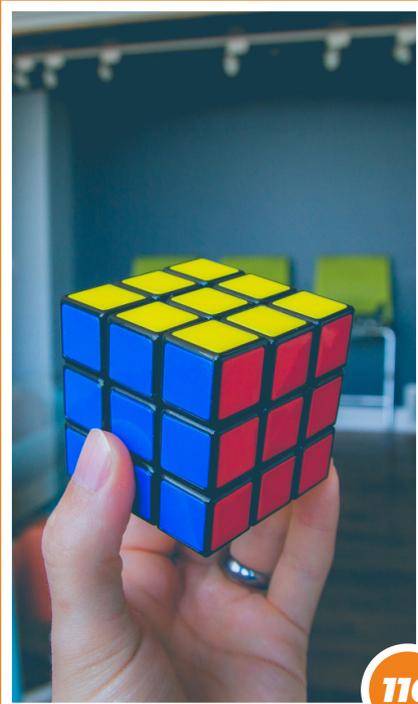
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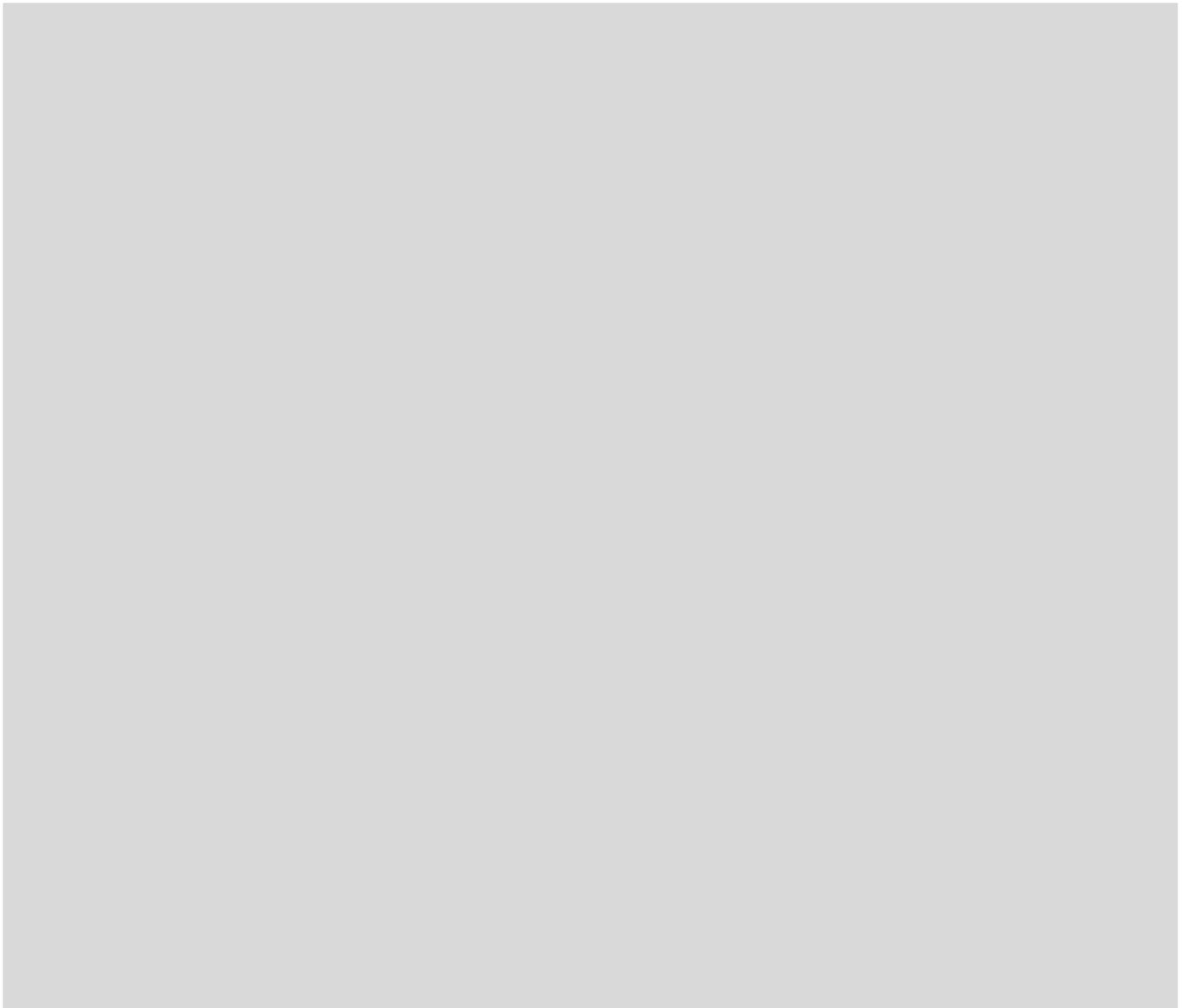


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- 89. Learn a new language
- 90. Learn knitting, cross-stitch, or embroidery
- 91. Do a facial massage
- 92. Plan some thoughtful birthday or Christmas gifts
- 93. Do online food shopping
- 94. Look through old photos and videos
- 95. Read a magazine
- 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

