

Listen to a favourite song.

Light a candle.

Cook your favourite meal.

Go for a walk.

Watch a favourite film.

Open a window and breath deeply!

Build a nest and snuggle up!

Enjoy a hot drink.

Take a bath.

Drink a glass of water.

Get into your pyjamas early!

Read a Psalm.

Write down your worries and bring them to God in prayer.

Read a book.

Have a nap.

Pray.

Phone a friend.

Count your blessings.

Turn off your phone for an hour.

Say "I love you" to somebody.

Love yourself through Lent

In a really challenging season why not focus on self-care this Lent. Here are 40 self-care ideas to choose from, why not pick one each day and give yourself a boost of positivity..

Put on some music and dance like nobody is watching!

Go to bed early!

Get creative, draw or write something.

Look through old photos.

Bake something.

Make your bed.

Buy yourself a treat.

Hug a pillow.

Write a letter.

Put on an outfit that makes you feel good about yourself.

Say "no" to something.

Talk to a plant.

Watch a funny video.

Pause and listen to God's voice.

Try a new hobby.

Sing as loudly as you can!

Visit an art gallery or museum online.

Stretch!

Look for pictures in the clouds.

Have a lie in.