

50 easy

SELF-

CARE

IDEAS FOR WOMEN

over 40

A decorative graphic consisting of five red, teardrop-shaped splashes arranged in a fan-like pattern above the word "hello!".

# hello!



I'm MaryJo, the founder of [CoolBeanLiving.com](https://www.coolbeanliving.com).

Self-care is essential, especially for women over 40. Hormones play an important role in maintaining your balance, and during midlife those hormones are going through many changes. The less time we make for self-care, the harder our bodies have to work to achieve that balance.

A good self-care plan focuses on every aspect of your wellbeing. When partaking in self-care daily, you'll start to feel much happier, healthier, relaxed, and recharged.

I hope you'll put the 50 easy self-care ideas into regular practice, and use the included scheduler to help you plan everything.







# 50 Self-Care

## IDEAS FOR WOMEN OVER 40

- 1 Just breathe.
- 2 Enjoy some herbal tea.
- 3 Read a book.
- 4 Play some music.
- 5 Try yoga.
- 6 Go for a walk.
- 7 Soak in the tub.
- 8 Try painting or drawing.

**“Self-care is how you take your power back.”**

— Lalah Delia



**9** Meditate.

**10** Count backwards.

**11** Listen to a podcast.

**12** Make a gratitude list.

**13** Say positive affirmations.

**14** Watch a movie.

**15** Give yourself a manicure.

**16** Sleep in.

**17** Create a vision board.

**18** Enjoy a massage.

**19** Do some stretches.

**20** Watch stand-up comedy.

**“Almost everything will work again if you unplug it for a few minutes, including you.”**

— Anne Lamott



**21** Plan a vacation.

**22** Create a scrapbook.

**23** Have coffee with friends.

**24** Light a scented candle.

**25** Cook your favorite meal.

**26** Dress up.

**27** Watch a motivational talk.

**28** Change your sheets.

**29** Do a puzzle.

**30** Have a tech-free day.

**31** Play with a dog.

**32** Unfollow toxic people.

**“Self-care is giving the world the best of you instead of what’s left of you.”**

— Katie Reed





**33** Start day with cool shower.

**34** Get 30 minutes of exercise.

**35** Try something new.

**36** Look up inspiring quotes.

**37** Bake something.

**38** Dance to your favorite music.

**39** Create a nighttime routine.

**40** Enjoy a warm drink.

**41** Plan a family outing.

**42** Order take-out.

**43** Go on a picnic.

**44** Tend a garden.

**“Talk to yourself like you would to someone you love.”**

— Brene Brown



**45** Write a short story.

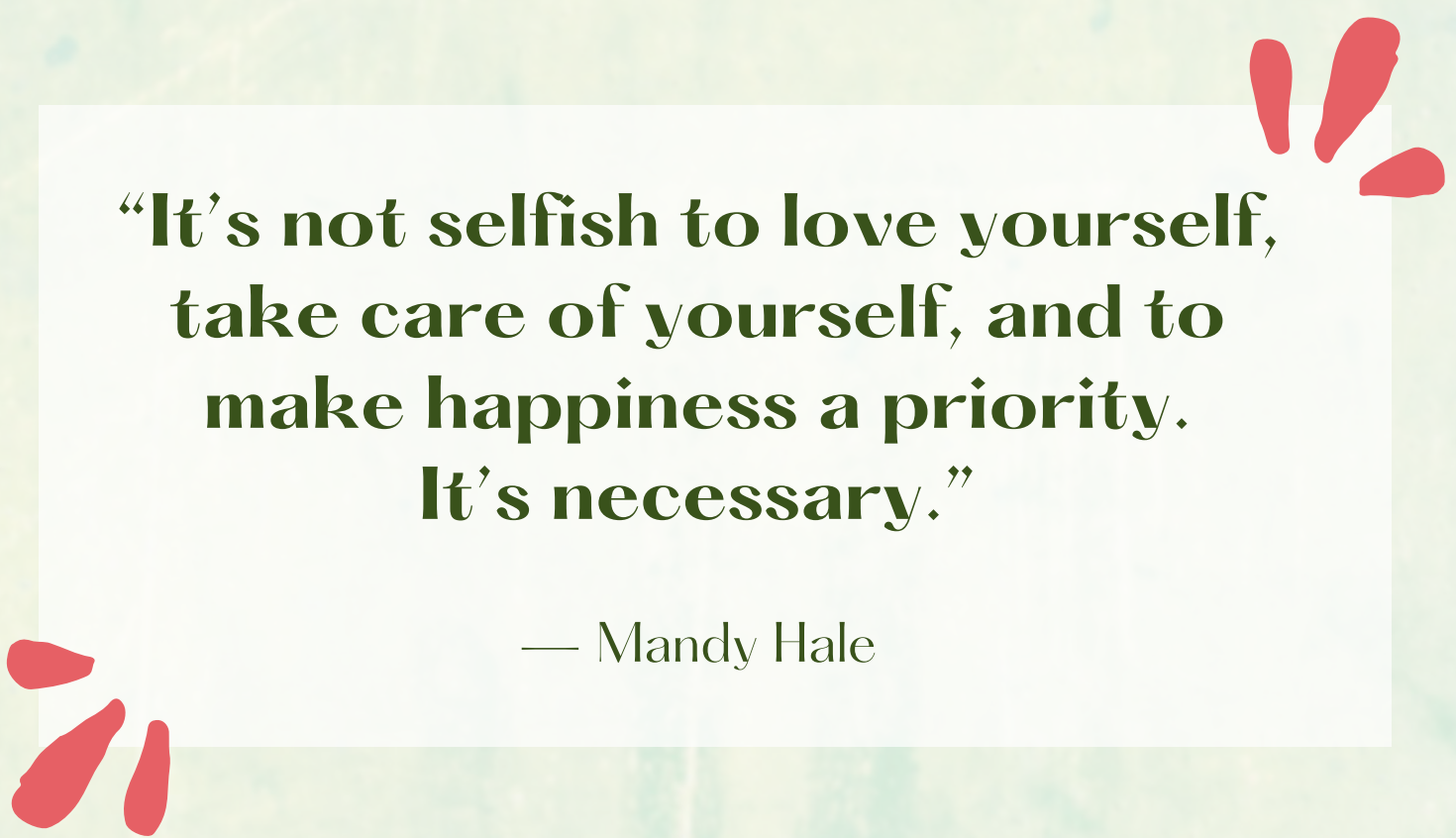
**46** Take a nap.

**47** Rearrange your furniture.

**48** Begin a new hobby.

**49** Try an adult coloring book.

**50** Practice mindfulness exercises.



**“It’s not selfish to love yourself, take care of yourself, and to make happiness a priority. It’s necessary.”**

— Mandy Hale



# Self-Care SCHEDULE



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TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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