

A woman with dark skin and braided hair is smiling broadly with her eyes closed and arms raised in a gesture of joy or praise. She is standing in front of a tree with many small white blossoms. The background is a clear blue sky. A light green rectangular box is overlaid on the image, containing the title text.

72 Joyful Activities

Self-Soothing for Self Love

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Joyful activities and distractions can soothe us when we are in a difficult situation, or sometimes even just bored. They help us cope and turn the rational parts of our brain on.

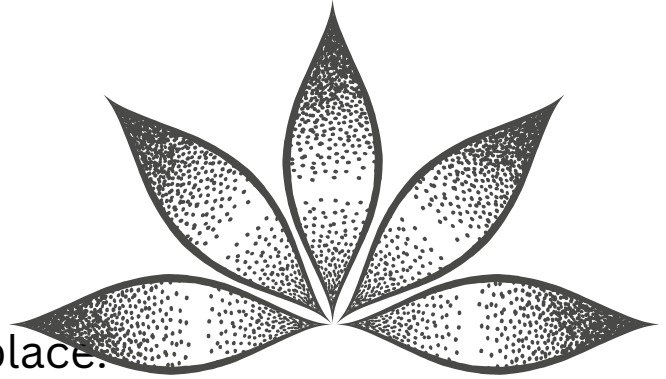
When you are in times of stress or feeling down, it is good for your mind, heart, and soul to create joyful moments for yourself. This is a wonderful way to put things into perspective and then solve a problem. Even if your problem is just that you are bored :)

Read through The 71 Self-Soothing and Joyful Activities below. Look at the list and try 2-3 different distractions each day until you find the some that work best in bringing you joy.

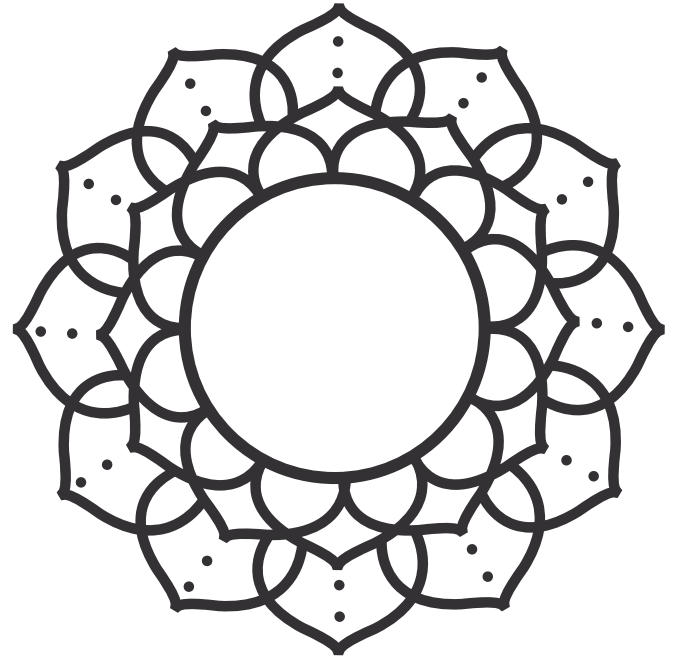
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- Talk to a friend on the telephone.
- Go to a friend's house and hang out.
- Do some self reiki.
- Organize a party.
- Exercise - Cardio
- Lift Weights.
- Do Yoga.
- Cry dramatically.
- Cry quietly.
- Stretch your muscles.
- Go for a long walk in a peaceful place.
- Go outside and watch the clouds.
- Connect with mother earth.
- Do something exciting like driving a motorcycle, skiing, rock climbing, kayaking, paddle boarding.
- Go to a playground and swing.
- Get out of the house, even if you just sit outside.
- Go for a drive or a ride on the bus.
- Plan a trip to a place you've never been.
- Sleep or take a nap.
- Eat your favorite ice cream.
- Cook your favorite meal.
- Cook a recipe you've never tried before.
- Go outside and play with your pet.
- Borrow a friend's pet and play with it.
- Do an energy clearing.
- Go outside and watch the birds or other animals.
- Have a technology free day.
- Watch a funny movie.
- Go to the movies.
- Read or listen to an inspirational book.



- Meditate on aligning your chakras.
- Go to a sporting event.
- Play a game with a friend.
- Play video games.
- Text some friends.
- Visit a funny website.
- Create a website.
- Create a blog.
- Do a puzzle.
- Do some kundalini breathing.
- Get a haircut.
- Go to a spa.
- Go to a library.
- Go to a bookstore and read.
- Go get some coffee or tea.
- Pray or meditate.
- Go to church or a place of worship.
- Write a letter to your higher power.
- Call a family member you haven't talked to in a while.
- Learn a new language (great for building neurons).
- Sing a song, or learn a song you have been wanting to learn.
- Turn on your music and dance.
- Make a movie with your phone.
- Plant something.
- Paint your nails.
- Dye your hair.
- Take a bubble bath or a shower.
- Write a letter to a friend or family member.
- Write a letter to someone you are mad at and then throw it away.
- Write a loving letter to yourself.



- Draw a picture.
- Paint a picture with a brush or even fingerpaint.
- Make a list of people you admire and want to be like.
- Write a story about something meaningful that happened to you.
- Make a list of 10 things you want to do before you die.
- Go to a local zoo and feed the animals.
- Read a fun fictional book.
- Write a poem, a song, or a play.
- Write in a journal.
- Make a list of 10 things you are good at and keep it in a place you can find it when you need it.
- Make a list of 10 famous people you want to meet and why.
- Write a letter to someone who has made your life better and why.

Want More?

Techniques for Self Love and Acceptance

TAKE 10 STEPS WITH THIS MINI-COURSE

PDFs and Journal Activities

Online Videos

Meditations and Visualizations

How did that activity make you feel?

Lesson 5: Quieting Your Mind

Lesson 7: Self-Affirmations