

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.

Say "I love you" to somebody.

Love yourself through Lent

Turn off your phone for an hour.

Go to bed early!

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!

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.

Visit an art gallery or museum online.

Stretch!

Look for pictures in the clouds.

Pause and listen to God's voice.

Try a new hobby.

Sing as loudly as you can!

Have a lie in.