

A person is holding a white mug. Above the mug is a white line-art sunburst graphic. The background is a soft-focus image of a person in a beige sweater. The entire image is framed by a thin orange border. There are also white line-art leaf graphics in the top-left and bottom-right corners.

Your Self-Care Bucket List

ENJOY 100+
SIMPLE, JOYFUL
MOMENTS IN 2025

HEALTHY MIND PSYCHOLOGY UK

Welcome

I'm Dr Amber Johnston!

In addition to being the founder and director of Healthy Mind Psychology, I am an accomplished Clinical Psychologist, Neuropsychologist and Pain Psychologist with trauma specialty.



I am passionate about enhancing widely accepted knowledge to better understand components of psychology not often talked about and to break the stigma around individuals who seek guidance to support their mental well-being.

Engaging in meaningful, simple self-care practices can have incredible benefits for the health of our minds and bodies. I've created this self-care bucket list to allow you to take time for yourself this year ... enjoy these moments of joy and look out for those habits and rituals that are worth holding on to in the long-term!

Amber

Why is self-care important?

Engaging in self-care involves taking action to develop, protect, improve, or maintain our physical, mental and emotional health and well-being.

These actions could be small, including making daily choices, adopting healthy habits, and taking lifestyle decisions that help us to take care of our minds and our bodies.

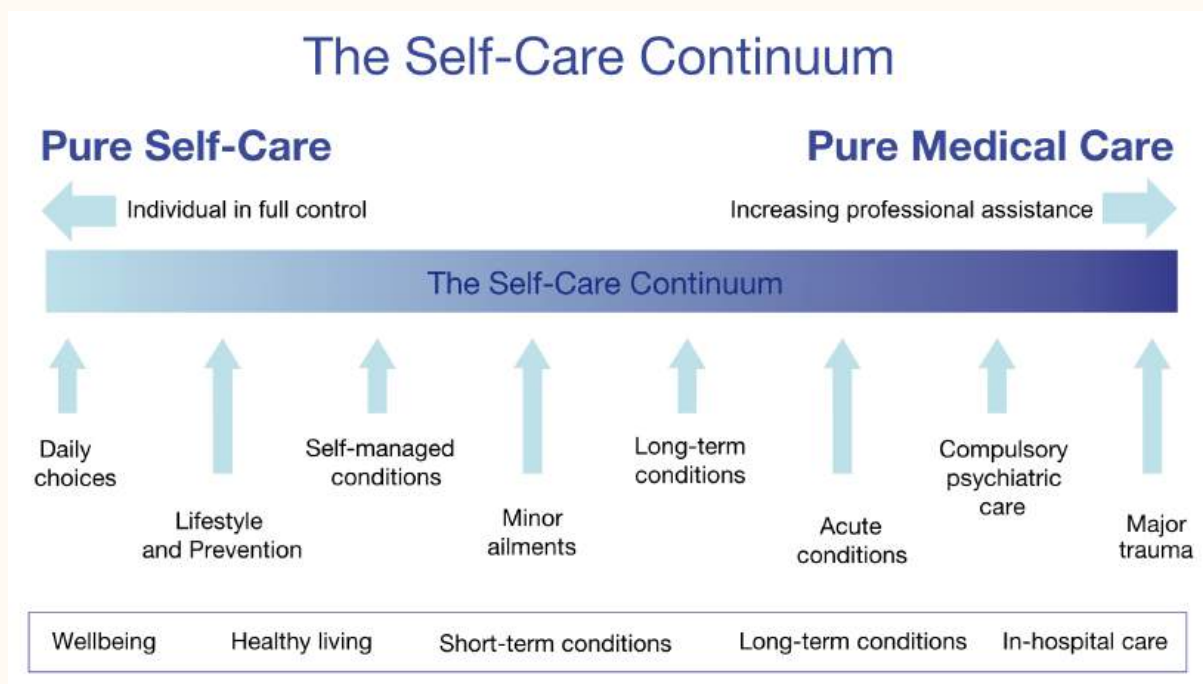


Figure from the Self-Care Forum website

Positive self-care practices have been shown to improve our physical health, reduce levels of stress and anxiety, boost our self-esteem, protect our mental health and promote better relationships.

How to use this guide

Self-care doesn't need to be complicated, onerous, or expensive!

This self-care bucket list is designed to bring some joy and comfort to your year with simple one-off actions to try out.

The 100 bucket list items, are organised into different categories. There is space at the end to add a few ideas of your own too.

When you have completed an item from the bucket list you can tick, circle or cross it off. You don't need to work through this list in order, or rush to tick everything off at once ... in fact I'd recommend that you take your time and enjoy it - you have all year after all!

As you are practicing self-care, you might find that there are some actions that fit especially well into your life, make a real difference to how you are feeling, and that you enjoy more than others. Hold onto these practices, and look for ways to integrate them into your life on a regular basis for to see the long-lasting, meaningful benefits of self-care.

Everyday Wellness



Spend 10 more minutes in the shower



Step outside barefoot and feel the grass or earth



Drink a glass of water mindfully



Light a candle and enjoy its scent for a few minutes



Take five deep breaths before getting out of bed

Emotional Care



Allow yourself to cry at a sad moment



Text someone you care about, just to say 'hi'



Look through old photos that make you smile



Set aside time to daydream and let your mind wander



Write a kind letter to your future self

Mindfulness Practice



Spend five minutes listening to the sounds around you



Close your eyes and feel the sunlight on your face



Practice a body scan meditation



Sit quietly and focus on the rhythm of your breathing



Go to bed early (or wake up late!)

Nature & Outdoors



Watch the clouds drift by for a few minutes



Take a short walk without a destination



Collect leaves, pebbles, or other small natural treasures



Plant something and watch it grow



Watch the sunset or sunrise

Simple Pleasures



Make a cup of tea and
drink it slowly



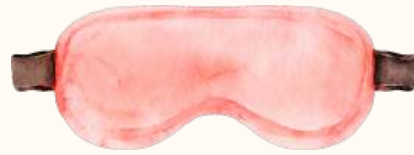
Read a chapter of your
favourite book



Bake something simple
that you love



Re-watch your favourite
childhood film



Take a nap in the middle
of the day

Creative Outlets



Draw or doodle without
judgment



Write a short poem or a
story



Experiment with a new
craft (like origami or
knitting)



Play a game with friends
or family



Make a playlist of songs
that lift you up

Love Your Body



Stretch for 10 minutes



Give yourself a foot massage



Find a way to pamper yourself (e.g. a long bath)



Try a new fitness or relaxation class



Indulge in your favourite healthy snack

Inner Work



Reflect on a lesson that you've learnt



Write a list of your top 5 personal values



Set a compassionate intention for your day



Create a mantra that feels powerful to you



Ask someone for help

Home Comforts



Declutter a single drawer or shelf



Enjoy the sensations of climbing into fresh, clean bedsheets



Display something that brings you joy (e.g. a photo or special item)



Have a pyjama day and wear comfy clothes only



Make an extra special breakfast

Digital Detox



Turn off your notifications for an hour



Unfollow any accounts that don't bring you joy



Take a day off from social media



Send a handwritten note to a loved one (instead of a text message)



Have a 'no tv' weekend

Acts of Kindness



Compliment someone sincerely



Hold the door open for a stranger



Leave a positive message as a surprise for a family member



Donate an item that you no longer need



Pick up a piece of litter

Moments of Gratitude



Thank someone who made a difference in your life



Take a moment to appreciate your body for all that it does



Write down 3 things that you're grateful for



Create a new tradition that brings you joy



Write a 'let it go' letter to release an unhelpful thought

Feel Good Food



Savour a piece of chocolate without rushing



Eat a meal outside



Try a new fruit or vegetable



Share a meal with someone (it could be virtually!)



Make water your first and last drink of the day

Learning & Growth



Watch a documentary that intrigues you



Learn a phrase in a new language



Read an article about something you've always wondered about



Complete a simple DIY project



Listen to a podcast

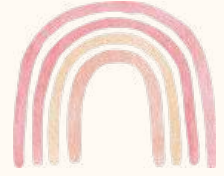
Connection



Call someone you
haven't spoken to in a
while



Smile at a neighbour



Share something that
made you laugh

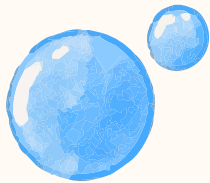


Have a heart-to-heart
conversation



Hold a hug with
someone you care about
a little longer

Subtle Joys



Blow bubbles and watch
them drift away



Watch fish swim at an
aquarium or a pond



Buy flowers and put
them somewhere you
will appreciate them



Listen to a song that
makes you want to
dance



Make a wish on a
dandelion

Closing the Day



Journal for 5 minutes
before bed



Do a quick tidy-up of
your space to start fresh
tomorrow



Spend a moment
reflecting on one good
thing from your day



Light a candle and enjoy
its glow



Whisper an affirmation
to yourself before you go
to sleep

Seasonal Delights



Watch the leaves fall in
autumn



Make a snow angel in
winter



Pick wildflowers in spring



Walk barefoot on the
beach in summer



Reflect on your favourite
moment from each
season

Tiny Adventures



Take a different route home



Explore a park or woodland that you've never visited before



Try a new flavour of ice-cream



Wander into the library and pick up a random book



Take a walk when it's raining

Holding Boundaries



Say no to something you don't want to do



Block out a day of nothing in your calendar



Take one small step towards a goal



Stop yourself from apologising (when you don't need to!)



Change your plans (and don't feel guilty about it!)

Over To You...

Use the blank spots below to add your own ideas to your self-care bucket list for this year.



*Wishing you
a joyful, healthy
year!*

www.healthymindpsychology.co.uk