

50 Self-Care Ideas for Writers

- 1) Break a writing rule.
- 2) Go to bed 20 minutes early.
- 3) Light a scented candle when you're writing.
- 4) Every 1000 words, take a 10 minute walk.
- 5) Don't check your sales figures today.
- 6) Try mint tea for productivity.
- 7) Don't compare yourself with another author, without reminding yourself that every journey is different.
- 8) Write for 20 minutes, then stretch your arms, back, and shoulders.
- 9) Decide today *when* and *what* you'll write tomorrow.
- 10) Keep in mind, reward rarely comes to those who don't take risks.
- 11) Remember that everyone feels like an impostor sometimes.
- 12) Put your phone into airplane mode for a day.
- 13) Create a happy file.
- 14) No matter how many books you write, you'll probably always fear the next will flop.
- 15) Does that task "spark joy" or lead somewhere worthwhile? If not, ditch it!
- 16) You're probably comparing your first draft, and their final draft. Congratulate yourself for what you've already achieved.
- 17) Meet another writer for coffee.



50 Self-Care Ideas for Writers (cont'd)

- 18) Bake something. While your creation is in the oven, do a word sprint. (Set a timer, just in case!)
- 19) Look how far you've come in a year.
- 20) Listen to your inner critic. Would a kind friend say those words to you?
- 21) Even your glum days can make good writing fodder.
- 22) Where in your home is your happy place? Spend at least 20 minutes there today.
- 23) Creativity is your currency. Indulge without guilt today.
- 24) Visit a lake, ocean or river.
- 25) Ask a child about their favorite book. Notice how inspired they are.
- 26) You can say *No* more often than you realize.
- 27) Write a letter of encouragement to your future self.
- 28) What's your favorite healthy food? Add it to your shopping list this week.
- 29) Is there a project you secretly know you'll never finish? How would it feel to just drop it?
- 30) Tiny steps add up. If you can't write 1000 words today, write 50. Repeat tomorrow.
- 31) Do you have a green plant in your writing space? Add one.
- 32) Make a playlist for writing inspiration. Use liberally!
- 33) If your protagonist got stuck due to self doubt, how would you propel their story forward? Do the same for yourself.



50 Self-Care Ideas for Writers (cont'd)

- 34) Is your brain overwhelmed with to-dos? Make a list. Tomorrow, you can prioritize.
- 35) Visit a library you've never been to before
- 36) Delete 10 emails you know you'll never read.
- 37) Avoid black & white thinking today. Question *always*, *never*, *must*, and *can't*.
- 38) If you could take half a day off, what would you do? Get creative and do a version of that, for just 15 minutes.
- 39) Print a mantra in a pretty font and hang it where you write
- 40) Try turning your phone settings to black and white.
- 41) Invest in a book scent, like [this one](#).
- 42) Call an elderly / lonely relative for a chat. Incorporate something they say in your next piece of fiction.
- 43) Do you have *Do Not Disturb* on your phone for night time? If not, set it up today.
- 44) Draw or doodle your main character's face.
- 45) Put time-wasting apps in a special folder on your phone, so you have an extra barrier before using them.
- 46) Treat yourself to a mini back & shoulders massage.
- 47) Volunteer, especially at an event that supports writing, or literacy skills.
- 48) Take a nap somewhere you've never napped before.
- 49) Do a crossword. Try to incorporate one of the words in your next writing session.
- 50) Write & mail a thank you note to someone who's helped your writing.

