



**Reboot Your Brain
Your Life**

100 Self-Care Ideas for Men

Practical, realistic options for focus, calm, and connection

How to use this list

Self-care isn't one big life overhaul. It's a set of small choices that help your brain and body recover, refocus, and reconnect.

- Pick **one** idea that feels doable today.
- Do it for **5-20 minutes** (short counts).
- Notice what changes (mood, tension, focus, energy).
- Keep a few favorites as your "go-to" tools.

Tip: If you're stressed, choose something that uses your body (walk, stretch, cold water). If you're stuck in your head, choose something that uses your senses (grounding).

If you're in crisis or feel unsafe, contact local emergency services or a crisis line immediately.





Ideas 1-25

Try one today. Keep the ones that work.

1. Drink a full glass of water on waking.
2. Take a 10-minute walk outside.
3. Do 20 slow deep breaths (4-6 count).
4. Stretch your hips and hamstrings.
5. Eat a protein-forward breakfast.
6. Pack a healthy snack for later.
7. Get 10 minutes of sunlight.
8. Put your phone on Do Not Disturb for an hour.
9. Make your bed (small win).
10. Take a shower mindfully (notice sensations).
11. Schedule your annual physical.
12. Limit caffeine after 2 p.m.
13. Plan a consistent bedtime.
14. Read 10 pages of a book.
15. Journal one page: what I feel/need.
16. Name the emotion you're having out loud.
17. Try a 5-minute body scan.
18. Do a quick progressive muscle relaxation.
19. Listen to a calming playlist.
20. Step away from screens for lunch.
21. Do a quick kitchen reset.
22. Text a friend you've been avoiding.
23. Call a family member for 5 minutes.
24. Join a class (gym, martial arts, dance).
25. Take your meds/vitamins as prescribed.



Ideas 26-50

Try one today. Keep the ones that work.

26. Cook one simple, balanced meal.
27. Add vegetables to one meal today.
28. Swap one sugary drink for water.
29. Take a brisk walk after dinner.
30. Lift weights or do bodyweight moves.
31. Try a short yoga video.
32. Use a foam roller for 5 minutes.
33. Track sleep for a week (no judgment).
34. Set a reminder to stand every hour.
35. Go to bed 30 minutes earlier.
36. Take a power nap (20 minutes max).
37. Spend 15 minutes on a hobby.
38. Do something playful (throw a ball, game).
39. Get a haircut or grooming refresh.
40. Clean your car for 10 minutes.
41. Declutter one small drawer.
42. Make a to-do list of 3 priorities.
43. Do the hardest task for 10 minutes.
44. Set one boundary (say no politely).
45. Practice a 2-sentence 'I statement'.
46. Ask for what you need directly.
47. Offer one genuine compliment today.
48. Take a break before responding to conflict.
49. Use a 'timeout' plan in arguments.
50. Schedule a date night or quality time.



Ideas 51-75

Try one today. Keep the ones that work.

51. Make eye contact and listen without fixing.
52. Do a 5-4-3-2-1 grounding exercise.
53. Hold something cold (ice/water) to reset.
54. Splash cool water on your face.
55. Do 10 pushups or wall pushups.
56. Take 30 slow steps and notice each one.
57. Name 5 things you can see right now.
58. Exhale longer than you inhale (2 minutes).
59. Write down the worry, then a next step.
60. Limit news/social media for a day.
61. Spend 10 minutes in nature.
62. Go fishing, hiking, or trail walking.
63. Plan a weekend morning for yourself.
64. Try a new recipe or cuisine.
65. Learn one small skill on YouTube.
66. Work on a personal goal for 20 minutes.
67. Update your budget or check accounts.
68. Pay one bill early to reduce stress.
69. Unsubscribe from one noisy email list.
70. Organize your calendar for the week.
71. Prep clothes and lunch the night before.
72. Take a sauna/steam room if available.
73. Book a massage or use a massage gun.
74. Do mobility work for shoulders/neck.
75. Practice good posture for 2 minutes.



Ideas 76-100

Try one today. Keep the ones that work.

- 76. Write a gratitude list of 3 items.
- 77. Do a kind act anonymously.
- 78. Spend time with a pet (or visit one).
- 79. Play music and sing along.
- 80. Watch a funny video—actually laugh.
- 81. Take yourself to coffee without your phone.
- 82. Try a new barber, scent, or skincare.
- 83. Plan a fun outing with friends.
- 84. Join a community group or league.
- 85. Go to a support group (men's group if helpful).
- 86. Schedule therapy or a check-in session.
- 87. Talk to your doctor about energy/mood changes.
- 88. Reduce alcohol for a week and notice.
- 89. Take a break from nicotine/vaping for a day.
- 90. Keep healthy snacks visible at home.
- 91. Make a 'calm corner' (chair + blanket).
- 92. Light a candle or use a calming scent.
- 93. Turn down lights an hour before bed.
- 94. Put your phone to charge outside the bedroom.
- 95. Set a 'no screens' wind-down routine.
- 96. Write an apology if you owe one.
- 97. Forgive yourself for one mistake today.
- 98. Do something that aligns with your values.
- 99. Review your goals and adjust one step.
- 100. Plan tomorrow's first small win.