

# 20 Self-Care Activities That You Can Do with a Friend

- 1. Workout together**
- 2. Do a puzzle**
- 3. Challenge each other's negative thinking**
- 4. Walk and talk**
- 5. Spend an hour reading and discussing a book**
- 6. Learn how to play a new game**
- 7. Support one another in your goals**
- 8. Volunteer together**
- 9. Eat lunch together**
- 10. Meal prep with each other**
- 11. Try adult coloring**
- 12. Attend a yoga class**
- 13. Engage in stretching**
- 14. Participate in a water challenge**
- 15. Spend some time in nature**
- 16. Spend time telling one another how much you mean to each other**
- 17. Have a sleepover**
- 18. Go to a comedy show**
- 19. Go wine tasting**
- 20. Encourage one another to do more self-care**