

## 7 Ways to Practice Self-Care on a Tight Budget

Going to a spa for a facial or a massage sounds wonderful, but [these activities can be costly](#). What should you do if you're on a shoestring budget but still need to practice self-care? Consider the following options for relaxing and recharging when you can't drain your emergency funds to care for yourself.

### 1. Indulge in an Inexpensive Hobby

Are you dismayed by the high price tag on hobbies such as golfing and exercise studio classes? [Inexpensive hobbies](#) to try can include writing poetry, gardening, cycling, or cooking. Cooking for yourself and growing your own produce at home comes with an extra bonus: Cutting down on the amount of money you're spending on takeout meals.

### 2. Meditate

According to the Mayo Clinic, [meditation is shown to lower blood pressure](#), reduce stress, and improve overall health. It's also possible that this simple yet challenging act of being still and mindful will allow you to expand your imagination and think about your hardships in a different way. At the very least, meditation might help you calm down, get a moment of silence away from a hectic life, and learn to breathe more deeply. It's also completely free of cost.

### 3. Exercise at Home or in Your Neighborhood

Going to a gym to work out can be fun, but it's definitely not the only way to get some much-needed exercise. [Consider signing up](#) for an online yoga app for the fraction of the cost of in-person classes or jogging around the neighborhood with a friend. If you're not feeling challenged by at-home workouts, download an app that counts your steps, tracks your heart rate, or tracks how far you run each day. It can be interesting and rewarding to look back and see the progress you've made.

### 4. Cut Back on Unnecessary Spending

Most of us spend too much money on something. For one person, it may be takeout meals. For another, it might be his or her home. If you're spending [more than 30% of your monthly budget](#) on your rent or mortgage payment, consider downsizing to a living arrangement that allows you to live comfortably while still caring for yourself. [Search for a more affordable home online](#) and use filters to find one that meets your needs.

### 5. Take a Free Course

Learning can be rejuvenating if you're pursuing knowledge that doesn't have to do with your career or your responsibilities. Think about [taking a free online course](#) or watching a series of free lectures on YouTube before signing up for an expensive class at a local college if you don't need the course credits.

### 6. Schedule a Movie or Game Night With Friends

If you're someone who feels relaxed [when you socialize](#), you might feel frustrated with self-care suggestions that involve spending a lot of time alone. Invite a few friends over (or, depending on where you're located, have a remote social event) and schedule a movie night or a gaming event.

### 7. Get in Touch With Nature

[Psychologists agree](#) that spending time in nature can be relaxing. If your city doesn't have many green spaces, you can [locate a hiking trail](#) or park in Atlanta where you can spend some time relaxing.

Self-care doesn't have to be expensive, and most times, it shouldn't be. Taking care of our physical and mental health can lead to a higher quality of life for us and for those we care for.



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