

4 Low-Stress Self-Care Ideas for Busy People on a Budget

Think that self-care has to be expensive and time-consuming to work? Well, you should definitely rethink your ideas about self-care! Some of the most effective self-care steps you can take don't have to take a lot of time or money. So even if you are always busy and, on a budget, you should be able to fit these self-care moves into your health and wellness routines.

Be a Tourist in Your Own City

When you don't have the time or resources to plan a big vacation, relaxing in your hometown can be a wonderful way to relieve stress! [Planning a staycation](#) can be less stressful, time-consuming, and costly than taking a real trip, plus you get more time to relax and unwind. To make your staycation as refreshing as possible, take the same steps you would before any other time-off, like turning off notifications, so that you can truly enjoy your time away. You should also consider renting a vacation home in your city so that you're not tempted to take care of errands around your home during your break. According to Turnkey, there are many unique neighborhoods you can check out in Seattle, including [Belltown](#), Shoreline, Fremont, and Queen Anne. Seattle area vacation rentals can also get you closer to [free activities](#), in case you want to spend some time exploring during your staycation.

Plan Some Quality Time with Nature

If spending more time in the city isn't your idea of a relaxing vacation, then you may need to get out of town for a bit. Luckily for those craving a retreat from urban life, [there are several hikes](#) within 100 miles or less of Seattle. These nearby trails are perfect for people looking for a short escape or a cheap break from the city. [Spending time in nature](#) has been shown to reduce stress levels and reactions in the brain and body, so hiking these local trails can give both your physical and mental health a major boost. No time for a day trip? Getting in touch with little bits of nature can help as well, so consider [creating an urban garden](#) for much-needed stress relief.

Get Started with a New Hobby

[Hobbies can relieve stress](#), which makes them a vital component of any self-care routine. When you try new hobbies, you are providing your brain with a break from the monotony of everyday life, but you are also providing the positive stress your body needs to thrive. Having interests outside of work and home can also prevent burnout, so try to find some time to explore your own passions and find a relaxing activity that speaks to you. If you need [ideas for new hobbies](#),

know there are a variety of things you can try that don't require a lot of time or money. You can write in a blog or journal or start an at-home [yoga practice](#), and those outdoor hikes can count as tension-relieving hobbies as well. So, find what makes you happy and make more time for it.

Find Fun Ways to Stay in Shape

Experts at Harvard suggest paying attention to [four self-care habits](#), in order to take care of your body, mind, and soul. These wellness essentials include quality sleep, proper nutrition, and adequate exercise. Exercise is especially important for relieving stress, balancing mood, and maintaining energy levels, all of which can help you work additional self-care into an already busy schedule. You can get the activity needed for proper self-care by walking, riding your bike, or even taking the stairs at work. If you really want to maximize your fitness efforts, though, you should think about [hiring a personal trainer](#). A personal trainer can tailor exercise programs to meet your needs and your time constraints, and also motivate you to stick to health goals.

You don't need endless vacation days or a big budget to enjoy more self-care. If you're pressed for time or money, you just need to get creative with the ways you work self-care into your everyday life. No matter how you get more self-care into your life, though, know that self-care is not just a luxury or an option, especially if you want to maintain your physical and mental health.

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