



10-Minute Wellness Self-Care Practices

(For the woman who's holding it down, holding space, and maybe holding back tears—but still showing up)

Life gets thick sometimes. Between caregiving, changing bodies, work emails, and remembering where you put the keys (again), finding time for yourself can feel like one more thing on the list. But let me say this gently: you *deserve* moments of care—bite-sized ones that don't require a spa day, a Himalayan retreat, or a child-free life.

These practices are like small exhalations in the middle of chaos. Ten minutes. That's it. Enough time to come back to yourself. To remember you're still in there. Let's begin.

Quick Stretch to Loosen the Day Off Your Body

Give your neck a slow roll. Let your shoulders shrug up to your ears and fall down like a sigh. Reach for the ceiling, touch your toes, sway side to side. No pressure to be flexible—just move in a way that tells your body, *Hey, I see you*. These stretches aren't about fitness goals; they're about giving yourself room to breathe. Especially after hours of caregiving, sitting, or

holding tension in your jaw. Ten minutes. That's all. And you don't need a mat or a mirror. Just you.

Put It on the Page

Grab that half-used notebook, the back of a receipt, or open your Notes app—whatever's closest. Write what you feel. What you're tired of. What you're hopeful for. Let the words be messy, sacred, weird, unfiltered. Journaling doesn't have to be poetic. It just has to be real. Try prompts like:

- *What's weighing on me right now?*
- *What tiny thing lifted me today?*

This isn't about fixing anything—it's about giving your thoughts somewhere to go besides your nervous system.

Step Outside, Even If It's Just the Porch

Outside is a place, not a destination. Step out for air. Let your face catch a breeze. Look up at the sky. Smell something that isn't recycled indoor air or takeout. Maybe walk to the mailbox and back. Maybe stand barefoot in the grass for two minutes. Whatever you do—do it as a reminder that the world is still spinning and so are you, and both are allowed to take a pause.

Hydrate, But Make It a Moment

This isn't just about water. This is about *how* you drink it. Fill a glass. Hold it in both hands. Notice the temperature, the taste. Let it be an act of presence, not just a to-do list item. Imagine each sip telling your cells, *I'm taking care of you*. It's small. But it matters. Especially if you're the kind of person who forgets to care for herself until everything else is done. Let this glass of water be the beginning of tending to you.

Practice Gratitude Like You're Gathering Firewood

Gratitude doesn't mean pretending things are perfect. It means noticing what's *still* here, even in the middle of hard. Write down three things that made you smile today—no matter how fleeting. The cat curled up next to you. A song on the radio. Your ability to make it through without yelling. Let those things be your kindling. They warm the parts of you that feel worn out.

Mindful Pause Instead of Meditation

Let's ditch the idea of sitting cross-legged in silence unless that speaks to you. Try this instead: Sit down. Feel your feet on the floor. Rest your hand on your heart or your belly. Breathe in slowly. Count to four. Breathe out. Count to six. Repeat. If your mind wanders, gently say to yourself, *Come back*. That's it. A little pocket of calm in a noisy world. No apps, no incense. Just a pause. And sometimes, that's everything.

Creative Joy in a Mini Dose

You don't need to be an "artist" to make art. Doodle in the margins. Collage a page from that magazine pile. Write a sticky note poem. Dance to one song in the kitchen. Play with color, sound, words—just for you. These ten minutes of creativity? They aren't frivolous. They are rebellion against burnout. They're you remembering your own aliveness.

Final Note:

There's no gold medal for pushing through exhaustion. There *is*, however, deep wisdom in giving yourself ten minutes of tenderness. Not because

everything will magically feel better, but because you're worth showing up for—even in small, quiet ways.

One small shift at a time. One day. One breath. You've got this.