



Self-Care Practice Possibilities

- Start small with regular times in your calendar.
- Utilize breath exercises.
- Stop and identify how you are feeling. Self-awareness is key in evaluating what you need and what helps.
- Take a mid-day walk.
- Incorporate pleasure reading or journaling exercise into your day.
- Play and take care of pets.
- Engage in your favorite beauty routines.
- Listen to musical interludes of your choice.
- Practice regular exercise, which will refresh your mind.
- Create a yummy meal.
- Make something artistic.
- Sleep enough to provide REM sleep (6+) and follow a regular bedtime and wake up routine.
- Limit news, caffeine, food at least two hours before bed.
- Follow a digital curfew. Stop everything on screen at least 90 m. before bed.
- Try using an old-fashioned alarm clock and plug your phone in another room.
- Count your blessings before you go to sleep.
- Eat healthy food. Feed your second brain- your gut with live and active cultures, fermented foods, and anti-inflammatory foods.



- Eat slowly and in peace away from work.
- Regulate your emotions by laughing and crying.
- Build your relationships- rally a network that you give permission to speak up and help you see when your life is getting out of control.
- Boost brain power with gratitude exercises.
- Get inspired- take something in routinely that lifts your spirit higher.
- Place yourself in nature.
- Practice physical touch in appropriate and consensual ways. Hugs and kisses are powerful positive attractors of energy and comfort.
- Embrace boundaries for yourself and keep them.
- Practice empathy.
- Expand your comfort zone for the betterment of self.
- Do nothing. Meaning refrain from multi-tasking or engaging in an accomplishing task.
- Add a practice that works for you.