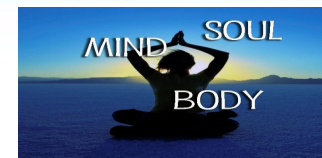


# Self-Care = Doing Something for:



## Your Mind

- \* Mini meditation – 1 minute of deep breathing and focus on your body, thoughts and feelings.
- \* Any type of exercise can help boost your mood—try something for 5 mins.
- \* Take a 5 min. break from your technology and clear your mind with some fresh air time outside.
- \* Focus on gratitude—reflect on the many blessings in your life.
- \* Notice 5 things you can see, 4 things you hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.
- \* Shift your focus to things you can control.
- \* Make a plan for each day- this will help you feel organized.

## Your Body

- \* Nourish our body by eating foods that are good for your health.
- \* Maintain a regular sleep routine by going to bed and waking up at the same time everyday.
- \* Take time to stretch as it can help relieve tense muscles and prevent injury
- \* Dance in the mirror, or take time to intentionally move for 20 mins. each day
- \* Drink plenty of water each day, your body needs stay hydrated.
- \* When sitting for long periods or time, stand up and move around and give yourself a little shake to keep your body alert
- \* Did we mention sleep? At least 8 hours every night.

## Your Soul

- \* Spend time doing something you enjoy doing, play a musical instrument, read a book, watch a show, sing, dance, do art, etc.
- \* Slow down and breathe. Inhale Count 5 Exhale count 7 - repeat 3 times
- \* Coach yourself with **KINDNESS**. Give yourself some positives each day.
- \* Connect with others– family, friends, co-workers. Connecting with others can go a long way to help us feel content.
- \* Do a Random Act of Kindness.
- \* Take time to reflect on your Faith
- \* Forgive yourself for your past mistakes.
- \* Be authentic

**Life gets busy so build self care into your routine. Create little daily self care habits. Your mind, your body and your soul deserve love and nurturing on a regular basis.**