

Self-Care: Mind, Body, Spirit

FOR THE MIND

- 1. Start a compliments file.** Document the great things people say about you to read later.
- 2. Scratch off a lurker on your to-do list,** something that's been there for ages and you'll never do.
- 3. Change up the way you make decisions.** Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head.
- 4. Go cloud-watching.** Lie on your back, relax, and watch the sky.
- 5. Take another route to work.** Mixing up your routine in small ways creates new neural pathways in the brain to keep it.
- 6. Pay complete attention to something you usually do on autopilot,** perhaps brushing your teeth, driving, eating, or performing your morning routine.
- 7. Goof around for a bit.** Schedule in five minutes of "play" (non-directed activity) several times throughout your day.
- 8. Create a deliberate habit** and routinize something small in your life by doing it in the same way each day—what you wear on Tuesdays or picking up the dental floss before you brush.
- 9. Fix a small annoyance at home that's been nagging you**—a button lost, a drawer that's stuck, a light bulb that's gone.
- 10. Punctuate your day with a mini-meditation** With one minute of awareness of your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.
- 11. Be selfish.** Do one thing today just because it makes you happy.
- 12. Do a mini-declutter.** Recycle three things from your wardrobe that you don't love or regularly wear.
- 13. Unplug for an hour.** Switch electronics to airplane mode. Free yourself from the constant *bings* of social media and email.
- 14. Get out of your comfort zone,** even if it's just talking to a stranger at the bus stop.
- 15. Edit your social media feeds and take out any negative people.** You can just "mute" them; you don't have to delete them.



FOR THE BODY

1. **Give your body 10 minutes of mindful attention.** Do a mental scan to check in with each part of your body.
2. **Oxygenate by taking three deep breaths.** Breathe into your abdomen, and let the air puff out your stomach and chest.
3. **Get down and boogie.** Put on your favorite upbeat record and shake your booty.
4. **Stretch out the kinks.** If you're at work, you can always head to the bathroom to avoid strange looks.
5. **Run (or walk) for a few minutes.** Or go up and down the stairs three times.
6. **Narrow your food choices.** Pick two healthy breakfasts, lunches, and dinners and rotate for the week.
7. **Activate your self-soothing system.** Stroke your own arm, if that feels too weird, moisturize.
8. **Get to know yourself intimately.** Look lovingly and without judgment at yourself. (Use a mirror to make sure you get to know all of you!)
9. **Make one small change to your diet for the week.** Drink an extra glass of water each day, or have an extra portion of veggies each meal.
10. **Give your body a treat.** Pick something from your wardrobe that feels great next to your skin.
11. **Be still.** Sit somewhere green and be quiet for a few minutes.
12. **Get 15 minutes of sun,** especially if you're in a cold climate. (Use sunscreen if appropriate.)
13. **Inhale an upbeat scent.** Try peppermint to boost mood and motivation.
14. **Have a good laugh.** Read a couple of comic strips that you enjoy. (For inspiration, try Calvin and Hobbes, Dilbert, or xkcd.)
15. **Take a quick nap.** 10-20 minutes can reduce your sleep debt and leave you ready for action.

FOR THE SPIRIT

1. **Imagine you're your best friend.** What would you tell yourself right now? Look in the mirror and say it.
2. **Use your commute for a "Beauty Scavenger Hunt."** Find five unexpected beautiful things on your way to work.
3. **Help someone.** Carry a bag, open a door, or buy groceries for a neighbor.
4. **Check in with your emotions.** Sit quietly and name without judgment what you're feeling.
5. **Write out your thoughts.** Go for 15 minutes on anything bothering you. Then let it go as you burn or toss the paper.
6. **Choose who you spend your time with today.** Hang out with "Radiators" who emit enthusiasm and positivity, and not "Drains" whose pessimism and negativity robs energy.
7. **Stroke a pet.** If you don't have one, go to the park and find one. (Ask first!)
8. **Get positive feedback.** Ask three good friends to tell you what they love about you.
9. **Make a small connection.** Have a few sentences of conversation with someone in customer service such as a sales assistant or barista.
10. **Splurge a little.** Buy a small luxury as a way of valuing yourself.
11. **Have a self-date.** Spend an hour alone doing something that nourishes you (reading, your hobby, visiting a museum or gallery, etc.)
12. **Exercise a signature strength.** Think about what you're good at, do it today.
13. **Take a home spa.** Have a long bath or shower, sit around in your bathrobe, and read magazines.
14. **Ask for help**—big or small but reach out.
15. **Plan a two-day holiday for next weekend.** Turn off your phone, tell people you'll be away, and then do something new in your own town.

Adapted from: <https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>