

## Self-Care Quick Tips

### Physical

- 🍋 Exercise regularly
- 🍋 Aim for 8 hours of sleep each night
- 🍋 Eat to maintain a healthy weight

### Attention/Focus

- 🍋 Practice deep breathing
- 🍋 Practice relaxation techniques - progressive relaxation
- 🍋 Take meditation/reflection time
- 🍋 Keep a gratitude journal. (write down at least three things you are grateful for each day)
- 🍋 Stop negative thinking
- 🍋 Find the positive even in a very negative situation
- 🍋 What can I learn from this situation?
- 🍋 What are the solutions?
- 🍋 Spend time outdoors in nature
- 🍋 Spend time with people who make you happy
- 🍋 Take responsibility for your mistakes and share the joy with others when things go well
- 🍋 Expend your mental energy wisely
- 🍋 Practice getting out of your comfort zone

### Social Engagement

- 🍋 Volunteer
- 🍋 Attend group activities to meet new people
- 🍋 Practice listening and hearing people
- 🍋 Unplug when you are walking around. Acknowledge people as you see them (nod, smile, say hello)

### Personal Meaning and Satisfaction

- 🍋 What is your life purpose? (try to write this in six words or less)
- 🍋 What are your core beliefs?
- 🍋 Serenity Prayer - Accept what you cannot change, change what you can, and know the difference
- 🍋 Develop realistic goals and stick to them
- 🍋 Embrace change
- 🍋 Recognize what you have control over and what you do not
- 🍋 Learn from your mistakes
- 🍋 Remind yourself what you are good at

### Add Your Own

### Calming Techniques

- 🍋 Take your palms and rub them together vigorously, generating heat. When they are warm, place the palms of your hands over the eyes, and allow your fingers to rest lightly on the forehead.
- 🍋 Place the palms of your hands on your abdomen with your fingers slightly touching. Take a deep breath in as you feel your abdomen and diaphragm expand. Hold it for the count of three and let the air slowly leave your lungs. Repeat.
- 🍋 Focus your attention on your immediate surroundings. For example, focus on a color in the environment or count ceiling tiles. Doing this can help shift attention away from “hot” thoughts to “cool” thoughts and allow you to regain your composure.
- 🍋 When you are feeling rushed to make a decision, give yourself permission to slow down and think over your options. When you feel yourself starting to lose composure in front of a crowd, take a deep drink of water. It allows you time to refocus. You also can not cry and drink at the same time.
- 🍋 When you find your mind obsessing about a situation, give yourself five minutes per day to think about it. Set a timer and when it goes off, you must stop. If you find your mind wandering back to the situation, remind yourself you have time set aside tomorrow to obsess.

### Activate the Brain

- 🍋 Play brief computer games, crossword puzzles, jigsaw puzzles, or other word games. They keep your brain active and absorbed in the puzzle or game as your cares drop away.
- 🍋 Take up a new hobby like knitting, sketching, or learning to play a musical instrument that keeps your hands busy and uses a different part of your brain.

### Practice Positive Self-Talk

- 🍋 When you are feeling down and don't feel like doing anything, focus on getting simple tasks done so you feel useful.
- 🍋 Each night recall the successes of the day.
- 🍋 Every morning take the time to read a brief quotation or something that keeps you inspired.
- 🍋 Remind yourself when you slip into negative self talk about past events, that you made the best choices with the information and resources you had at the time.
- 🍋 Go complaint free for at least a day. It will free your mind of negative thoughts and will instantly improve your mood.
- 🍋 Using magazine images or photos you have taken, create a vision board of what you want for your life.