Self-care quick reference sheet

# Daily

**☐** Take 3 deep belly breaths anytime during the day. Breathe through your nose and let your belly extend with air. Breathe out slowly and purposefully through your nose.

☐ Whenever the feeling of upset, anger or frustration begins, just simply become aware that it is there. This is a first step in awareness and witnessing. You do not have to do anything with this, just witness it in a non-biased and non- judgmental way as if it is the noise of an appliance running or the click of the heater turning on and off. It just is as it is, no need to do anything about it or change it.

**☐** Get outside for at least 10 minutes during the day. Become aware of the sky, the ground, the sounds, any signs of nature and life just existing.

**☐** Learn to say no to anything you are accepting based on obligation. For example, social obligations. We all have those invites that we do not want to accept, but we accept anyways out of feeling obligated or feeling guilty. Give yourself permission to say no to these requests as often as the opportunity arises.

**☐** Unplug from electronics at least an hour before bedtime.

# Weekly

**☐** Choose a date night or day with yourself. Take time to do something that you want to do strictly for yourself. Allow yourself permission to do this as if it is the most important task of your week. It is!

**☐** Try something new. Go for a walk at a different park or hike in a different spot. Take a Yoga class with a new teacher or take your first Yoga class if you never have taken one. Try a new gym or a new exercise class. Set a time and date to do this and follow through with it.

**☐** Meditate. If you do not already have a mediation practice, begin this as a once-a-week practice. Remember, mediation does not necessarily mean sitting still. Anything that allows you to practice mindfulness for at least 30 minutes is a gamechanger. A walk-in nature, listening to music, binaural beats, frequency sounds, even a relaxing run (if you enjoy running) all count as mediation.

**☐** Have a day with loved ones. Create a routine where you spend time with family or friends once a week. Do this in whatever way you are able. If your family lives out of state, reach out and call close family members once a week. If your family relationships are nonexistent or strained, do this with friends.

# Monthly

**☐** Simplify your space. Physical clutter in your space can exacerbate mental clutter. Donate, gift, or throw away unnecessary items. Do this in your home and workspace. If this sounds overwhelming, remember, one big clearing is all you need. As you begin to do this monthly, it will never accumulate as much as it did when you started this new routine.

**☐** Release. If you do not already write in a journal, start this practice beginning once a month. Sit down and let your heart pour out on the paper. You can bun the paper afterwards if you do not feel comfortable leaving your deepest thoughts written down. The point of this activity is to release emotions, thoughts, and heaviness in your heart. Be as petty or judgmental as you feel if you are upset. Do not judge it, just free it.

# yearly

**☐** Appreciate. After 21 days of keeping commitments to your self-care, you will have inadvertently created more trust in yourself because of your consistent follow through! Appreciate yourself, your learning experiences, and your growth. Ask yourself what is next for this new year? Write it down but do not be concrete in how you will bring it into fruition. You will be surprised how success arrives. It may come in an entirely separate way then you think at the time. Being open minded to new experiences and methodology can create space to allow you to achieve in ways you may not currently see.

**☐** Take a trip. Go somewhere you have always wanted to go. If there are financial or other restraints on travel, take a road trip and explore a new place in a new city or the next closest state! Allow yourself to be present in your explorations as if you are taking in as much information as possible to absorb the entire experience. Bring awareness to nature, people, and culture. There is so much we can learn from others. Embrace differences!