

# Self-Care

1

## BE SELFISH.

Do one thing today just because it makes you happy.

2

## BE STILL.

Sit somewhere green, out in the sun, or under the clouds, and be quiet for a few minutes.

3

## CHECK IN.

Sit quietly and allow yourself to feel all of your emotions without judgment.

4

## BE MINDFUL.

Use the body scan technique to check in with each part of your body. Relax your muscles.

5

## BREATHE.

Breathe into your abdomen, and let the air puff out your stomach and chest. Repeat 3 times.

6

## MEDITATE.

One minute focusing on your thoughts, feelings, and sensations; one minute focusing on breathing; one minute focusing on the body as a whole.

7

## BE HEALTHY.

Drink an extra glass of water each day, or have an extra portion of veggies each meal.

8

## BE RESTED.

Ten to twenty minute naps can reduce your sleep debt and leave you ready to take on the day.

9

## CREATE.

Whether it's a batch of brownies or a pastel drawing, getting artistic allows you to feel mindful and productive.

10

## UNPLUG.

Free yourself from the constant bings of social media and email, even if just for an hour.