



Mental Self-Care

1. Being with people who recognize your value is a kind of self-care. Honoring, affirming, listening, hugging, laughing, sharing, crying, meaningful eye contact, a hug.
2. Before you go click online, pick 1: >Pray for someone. >Look outside for 5 minutes. >Pray the Lord's prayer. >Clean for 5 minutes. >List 3 things you are grateful for.
3. Who has made a difference in your life this week. Something they said or did, or their presence made a difference for you – this week. Tell them just how much they mean to you. Writing and sending a Thank You Note is a form of mental self-care for you, and it benefits others, too.
4. Give back. Volunteering lifts your spirits and those of others. It broadens experiences and builds friendships; support and companionship improves self-esteem.
5. Pause... for a picnic! Simple food and a simple setting can turn an ordinary meal into a memory with your kids and is a great choice of self-care. Surprise the kids with a picnic in the living room!
6. Call a friend. When you're feeling down, talk with someone you admire.
7. Dig out old photo albums; share them with your children. Bond by sharing stories of your childhood!
8. Upgrade your language by catching your disempowering words. Build awareness around words (and people) that lift you up and the ones that drag you down.

Physical Self-Care/Movement

1. Practice Good Posture! (9 lbs. of pressure is added to our spine for every 1" our head leans forward. Gulp!)
2. Exercise... Spend a moment "exercising" with your kids! Dance with them - they'll love it! Ten minutes helps get the wiggles out of them - and you! ANY physical movement lowers blood pressure and cholesterol, improves cardiovascular health, and combats depression.
3. Take that exercise outside! Stress tends to suppress the formation of good, disease-fighting cells, but exercise relieves stress. Sunlight triggers our body's natural energy boosters to banish depression
4. Power Pose - stand tall with hands on hips and take deep breaths 2-5 min.



5. Stretch with intention. Feeling tight/stiff? Focus on the area of your body talking to you, and stretch.
6. Take time to breathe. Give yourself a time out. Practice right now. Breathe deeply; rid stale air.
7. Choose to eliminate one thing that you know is not in your best self interest.

Body Care (& Image) – Tend to your body with loving care. What ways can you take better care of your body? Get to know your body and the messages it is sending you.

**When you look nicer, you are treated better. *When you look nicer, you treat others better. *When we are consistently dressed sloppy, we become lethargic and unmotivated. *When we dress with dignity, we have better focus and attention.*

1. Eat whole foods, healthy foods and choose them wisely one bite at a time.
Less "C.R.A.P." (carbohydrates, refined sugar, artificial sweeteners, processed foods), more "F.O.O.D." (Fruits/veggies, Omega 3 Fatty Acids, Organic lean proteins, Drinking Water) Greens boost energy, Oats ease depression. Bananas boost serotonin, walnuts and almonds are brain food!
2. Drink lots of pure, clean water. Hydrate. Tired of H₂O? Add cucumber slices, lemon, lime or any fruit!
3. Slip into a hot bath. No time? Set the timer the next time you hop on facebook. What's your average "down time"? Drops of lavender oil in a hot bath is calming, de-stressing, & soothes tired muscles. YOU ARE WORTH IT!
4. Take steps to ensure you are getting good sleep. Laughable? It is intentional self-care. You are worth it.
5. Start your bedtime routine early! (Make-up off, face washed earlier in the evening.)
"Early to bed, early to rise makes one healthy, wealthy and wise." – Ben Franklin
6. Do a facial steam. Lock the bathroom; super hot water in the sink; towel over your head.
7. Update your wardrobe by taking the first step – clear out any and all clothes that no longer work; pass them on.



Spiritual Self-Care

1. Look for God's sources of inspiration like a beautiful sunset; take a moment to stop and gaze at the stars. Sit outside and tune into the natural world around you.
2. Practice forgiveness, both forgiveness towards yourself and others. What is something it is time to let go of?
3. Nurture your nose with simple aromatherapy ... pluck some rosemary, bake something wonderful and tune into the wonderful smells filling your kitchen. Simmer cinnamon on the stove.
4. Deal constructively with anger. Some studies suggest that anger – even if its repressed – burns up large amounts of the body's disease-fighting vitamin C. Healthy people know when to ask for help.
5. Put on your favorite music and open up your ears and heart.
6. Clean out a closet or a drawer. [Tip: "Clear out if it isn't useful, beautiful, or if it does not bring joy.]
7. Take 5 minutes to really review your schedule. Is there anything you can cut out?
8. Turn off the TV for a whole week.
9. Create a goal poster. Listen to God's vision for your life. Give yourself a dream.
10. P.R.A.Y.* Praise/Thanks. Repent. Ask. Yield.