



FIVE WAYS TO PRACTICE SELF-CARE*

*KEEP IN MIND: DIFFERENT APPROACHES BETTER FIT DIFFERENT PEOPLE AND SITUATIONS; AND THE SAME APPROACH MAY NOT WORK THE SAME WAY EVERY TIME

BREATH WORK: SIT COMFORTABLY AND FOCUS ON YOUR BREATH

- Follow it without judgment and without changing it; just notice it for a while
- Slow it down to a four count breath: inhale 1, 2, 3, 4; exhale 1, 2, 3, 4
- Add an intention that moves you, like “inhale love, exhale fear”

MOVEMENT: A SMALL ADJUSTMENT CAN MAKE A BIG DIFFERENCE

- Whether sitting or standing, try adjusting your posture so it's more aligned
- To go deeper, move slowly and gently: pull stomach in, stretch up through the top of your head, tuck chin in slightly, relax your shoulders back and down
- If possible, take a walk or try yoga

MINDFULNESS: PRACTICES THAT HELP KEEP US PRESENT

- Meditation - Direct attention inward; watch your thoughts without judgment
- Self-soothing - Utilize the senses: sight, sound, taste, smell, touch; carry a smooth stone, slowly sip a cup of tea or try essential oils
- Grounding - Be here, now; make a list of 10 things you notice where you are

VISUALIZATION/IMAGINATION: MAY TAKE US ACROSS SPACE/TIME

- Practice replacing negative thoughts with positive ones
- Imagine yourself in a place that makes you happy: What do you see? What do you smell? What do you hear? How do you feel?
- Listen to visualization recordings

TAKE BREAKS: REDIRECT ATTENTION

- Ask for and offer breaks, when needed
- Schedule breaks: chunk things out into blocks of time, refresh in between
- Do something that feels good: take a short walk, drink some water, enjoy a conversation, practice breath work or meditation