## Tiny Self-Care Ideas for the Mind

**1. Start a compliments file.** Document the great things people say about you to read later.

**2. Scratch off a** *lurker* **on your to-do list**, something that's been there for ages and you'll never do.

**3. Change up the way you make decisions.** Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head.

4. Go cloud-watching. Lie on your back, relax, and watch the sky.

**5. Take another route to work.** Mixing up your routine in small ways creates new neural pathways in the brain to keep it healthy.

**6.** Pay complete attention to something you usually do on autopilot, perhaps brushing your teeth, driving, eating, or performing your morning routine.

**7. Goof around for a bit.** Schedule in <u>five minutes of "play"</u> (non-directed activity) several times throughout your day.

**8. Create a deliberate habit**, and routinize something small in your life by doing it in the same way each day—what you wear on Tuesdays, or picking up the dental floss before you brush.

**9. Fix a small annoyance at home that's been nagging you**—a button lost, a drawer that's stuck, a light bulb that's gone.

**10. Punctuate your day with a mini-meditation** with one minute of awareness of your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.

**11. Be selfish.** Do one thing today just because it makes you happy.

**12. Do a mini-declutter.** Recycle three things from your wardrobe that you don't love or regularly wear.

**13. Unplug for an hour.** Switch everything to airplane mode and free yourself from the constant *bings* of social media and email.

14. Get out of your comfort zone, even if it's just talking to a stranger at the bus stop.

**15. Edit your social media feeds, and take out any negative people.** You can just "mute" them; you don't have to delete them.

## Tiny Self-Care Ideas for the Body

**1. Give your body ten minutes of mindful attention.** Use the <u>body scan technique</u> to check in with each part of your body.

**2.** Oxygenate by taking three deep breaths. <u>Breathe into your abdomen</u>, and let the air puff out your stomach and chest.

3. Get down and boogie. Put on your favorite upbeat record and shake your booty.

**4. Stretch out the kinks.** If you're at work, you can always head to the bathroom to avoid strange looks.

**5.** Run (or walk, depending on your current physical health) for a few minutes. Or go up and down the stairs three times.

**6. Narrow your food choices.** Pick two healthy breakfasts, lunches, and dinners and rotate for the week.

**7. Activate your self-soothing system.** Stroke your own arm, or if that feels too weird, moisturize.

**8. Get to know yourself intimately.** Look lovingly and without judgment at yourself naked. (Use a mirror to make sure you get to know all of you!)

**9. Make one small change to your diet for the week.** Drink an extra glass of water each day, or have an extra portion of veggies each meal.

**10. Give your body a treat.** Pick something from your wardrobe that feels great next to your skin.

**11. Be still.** Sit somewhere green, and be quiet for a few minutes.

**12. Get fifteen minutes of sun**, especially if you're in a cold climate. (Use sunscreen if appropriate.)

**13. Inhale an upbeat smell.** Try peppermint to suppress food cravings and boost mood and motivation.

**14. Have a good laugh.** Read a couple of comic strips that you enjoy. (For inspiration, try Calvin and Hobbes, Dilbert, or xkcd.)

**15. Take a quick nap.** Ten to twenty minutes can reduce your sleep debt and leave you ready for action.

## Tiny Self-Care Ideas for the Soul

**1. Imagine you're your best friend.** If you were, what would you tell yourself right now? Look in the mirror and say it.

**2. Use your commute for a "Beauty Scavenger Hunt."** Find five unexpected beautiful things on your way to work.

**3. Help someone.** Carry a bag, open a door, or pick up an extra carton of milk for a neighbor.

**4. Check in with your emotions.** Sit quietly and just name without judgment what you're feeling.

**5. Write out your thoughts.** Go for fifteen minutes on anything bothering you. Then let it go as you burn or bin the paper.

**6.** Choose who you spend your time with today. Hang out with "Radiators" who emit enthusiasm and positivity, and not "Drains" whose pessimism and negativity robs energy.

7. Stroke a pet. If you don't have one, go to the park and find one. (Ask first!)

8. Get positive feedback. Ask three good friends to tell you what they love about you.

**9. Make a small connection.** Have a few sentences of conversation with someone in customer service such as a sales assistant or barista.

10. Splurge a little. Buy a small luxury as a way of valuing yourself.

**11. Have a self-date.** Spend an hour alone doing something that nourishes you (reading, your hobby, visiting a museum or gallery, etc.)

**12. Exercise a signature strength.** Think about what you're good at, and find an opportunity for it today.

**13. Take a home spa.** Have a long bath or shower, sit around in your bathrobe, and read magazines.

14. Ask for help—big or small, but reach out.

**15. Plan a two-day holiday for next weekend.** Turn off your phone, tell people you'll be away, and then do something new in your own town.