

UNDER 5 MINUTES OR UNDER \$5

SELF CARE



TURN UP THE TUNES

- Find your favorite upbeat tunes – turn it up and dance it out!
- Sing at the top of your lungs (no need to be a great vocalist!)
- Keep a list of your favorite 'decompress' songs.

PLAY YOUR MUSIC

- Check out Pandora for a free player that matches your music preferences; create channels for many moods!
- Pay just \$4.33/mo for @FocusatWill and find the perfect custom sounds for work.

SAVOR IT

- Sip slowly on your favorite warm beverage (like tea) as part of your morning – or evening – ritual (watch the caffeine!)
- Eat your favorite food, chewing and enjoying each bite mindfully.
- Indulge in a new food.

WHAT A FEELING

- Walk barefoot.
- Put on lotion; focusing on your feet.
- Stand, face up, in a gentle rain or snow.
- Get in the water (tub, ocean, lake, etc).
- Roll down the windows in your car – put your hand out!

KEEP LISTENING

- Use your library card and check out audiobooks. They are a great way to tune-in for some self-care.
- Locate a free community concert and enjoy some live music.

TAKE A BREATH (STOP, DROP, & BREATHE)

- Try Box Breathing: Inhale through your nose for 4 counts, hold for 4 counts, exhale through your nose for 4 counts, hold again for 4 counts.

TAKE IT IN

- See the sunrise or the sunset.
- Snuggle with a pet – if you don't have one, visit the animal shelter.
- Window shop.
- Collect paint chips, cut them into simple shapes, and make designs (like tangrams).

PLAY FAVORITES

- Check out your favorite childhood/adolescent movie from the library.
- Put on your favorite item of clothing.
- Light your favorite candle.
- Snuggle a favorite soft toy or blanket.

KEEP BREATHING

- Try misting your pillow with lavender oil at bedtime. or rubbing essential oil on your wrists anytime.
- Go outside on a clear day (warm or cool – it doesn't matter!) and take 5 deep breaths of fresh air.

MOVE IT

- Do 5 simple stretches.
- Go for a walk.
- Release it with a run.
- Do push-ups or hold a plank pose for positive pressure.
- Do some sun salutations or hold downward-facing dog for 45 seconds.

JUST CREATE

- Draw, doodle, sketch, or paint – not to create a masterpiece (or any piece!)
- Be handy – crochet, knit and build with clay.
- Be more handy – hammer into wood, use a hand-drill.

BE THE SCRIBE

- Write in a journal: diaries, random words, poetry – whatever strikes you.
- Write 10 positive phrases and exchange them with a friend or two (do 24 for a wonderful Advent activity kids can do too).

TALK IT OUT

- Call or text a trusted friend.
- Pick an affirmation and repeat in the mirror to yourself 5 times.
- Leave yourself a voice note listing 3 things you like about yourself.
- Participate in a storyslam or poetry reading.

MAKE SPACE

- Clean up one small area in your room or car that makes you feel good.
- Go to bed 15 or even 30 minutes early.
- Purge items that make you feel uneasy or frustrated.
- Unsubscribe from needless emails.

