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Ways to Practice Self Care

By Ellen Bucciarelli

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- 1 Doodle, paint a picture, and be creative without judgement.
- 2 Indulge in the aroma of essential oils. Use lavender in your bathtub for a calming and relaxing half hour or peppermint to relieve stress.
- 3 Meditate. Tap into your senses and ground yourself in your body. Stay in the moment.
- 4 Practice breathing exercises. Breathe in for four seconds, hold for eight seconds, and release and breathe out for four seconds. Repeat twice.
- 5 After a hot shower, end with a 30 second rinse off of cold water. There are many proven benefits, including improving circulation, reducing stress, and increasing energy!
- 6 Drink ten cups of water a day. Start slowly. One cup at a time. This will help you to maximize energy, improve brain function, and so much more.
- 7 Take a 15–20 minute walk at lunch time. It increases concentration, allows you to focus better and gives you energy throughout the day.
- 8 Pamper yourself! Get a manicure or trim and paint your own nails.
- 9 Take at least 15 mins of "me" time for a favorite cup of tea, café latte, or your favorite warm beverage.
- 10 Get moving! Exercising releases anxiety and depression.





- 11 Make a coffee date with some friends. Laugh and have stimulating conversations.
- 12 Read a book to keep your mind sharp.
- 13 Take a class; make new friends and keep your brain sharp.
- 14 Recall all the little things in the day that brought joy to your life. (It could be a smile from a child, a surprise phone call from an old friend or anything that made you smile!)
- 15 Get in your garden. Get your hands in the dirt and enjoy!
- 16 Be in nature. It will relax you, may reduce levels of cortisol, the stress hormone. Pick flowers, sing along a path.
- 17 Moisturize your skin- hands, feet and face.
- 18 Eat your veggies and fruits. Get that fiber into you!
- 19 Plan a vacation or a weekend get away. Escape!
- 20 Let the sun in your window. Open the shades, open the windows. Circulate cool air if it's nice outside. Sit in the sunlight.
- 21 Volunteer your time. It'll give you a purpose, increase your self- esteem, reduce anxiety and make you feel good.

I hope you found this guide helpful, and that you enjoy implementing all of these pointers for enhancing your self care routine.

With Love,

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