



## Practical Self-Care: Beach in Tahiti Not Required

### 10 Minutes or Less

- Anxiety dump into a journal
- Make a cup of tea, coffee, chai
- Read a few pages of a book

### 1 Minute or Less

- 5-7-8 Breathing: Breathe in through nose for 5 seconds; Hold breath for 7 seconds; and Breathe out through your mouth for 8 seconds. Repeat 3 Times
- Drop Your Shoulders: Shoulders back and visualize sliding them down and into your back pockets
- Repeat affirmations
- Stretch
- Compliment yourself/Write down a “Brag” on Your Brag Board
- Write down a “win” to celebrate
- Send a kind email or text to someone out of the blue
- Visualize your pet, loved one or childhood favorite place

### 5 Minutes or Less

- Progressive Muscle Relaxation: Breathe in and tense the first muscle group (hard but not to the point of pain or cramping) for 4 to 10 seconds. Breathe out, and suddenly and completely relax the muscle group (do not relax it gradually). Relax for 10 to 20 seconds before you work on the next muscle group.
- Body Scan Meditation: Focus attention on different parts of your body. Start with your feet and work your way up. Don't tense and relax your muscles with this meditation. Just focus awareness on a part of your body and assessing how it feels. If wearing socks, how do your feet feel in the socks? How does your shirt sleeve feel against your skin?
- Drink a glass of water
- Body Check-In: Start at the top of your head. Are you breathing? Is your brow furrowed? Is your jaw clenched? Are your shoulders up by your ears? Are you in a defensive posture/position? Are your hands clenched?
- Put on a Song and Dance
- Speed clean workspace
- Create Brag Board: Create a centrally located space (a poster board, piece of paper, dry erase marker to window/mirror. Then write down 2 “brags” from that day, whether that is “I remembered to make my lunch to take to work” or “I remembered to take my lunch”.