



TIP SHEET #2 FEBRUARY 2022

MINDFULNESS MATTERS TIP SHEET

SELF-CARE FOR EVERY DAY

Self-care means the activities and routines you practice regularly to benefit your well-being.

A FEW TIPS

- **Create self-care routines** that are based on what works best for YOU, what YOU believe is most reasonable and what YOU are most likely to maintain.
 - **Explore and select strategies** that work for you AND you will actually do on a regular basis.
 - **Expect some trial and error** as you explore different self-care strategies.
 - **Once you are satisfied with your initial selection of self-care activities, just start!** Your initial plan in no way needs to be perfect or cover all aspects of self-care (mental, emotional, physical, spiritual, etc.). To begin, it may be just 1 or 2 practices. You can review/revise it anytime.
- **Choose each day to be mindful about your self-care.**
- **See every act of self-care as a way of respecting yourself,** and helping you build/maintain healthier relationships.

A FEW IDEAS

- Begin each day with deep breathing exercises.
- Give yourself time to mark the start of a new day (maybe over a cup of tea or coffee).
- Take time during the day for meditation.
- Eliminate distractions at meals. Focus on tastes, textures and smells.
- Actively listen when talking with someone. Tune into the person, instead of thinking about what you want to say.
- When you feel stressed, try this STOP practice: Stop what you are doing. Take a deep breath, and then several more. Observe what you are experiencing (what you are feeling, thinking and sensing, and what is happening around you). Proceed by choosing a reasonable response to what is happening.
- Reflect on what you are grateful for in your life as part of your morning or night-time sleep routine.
- Give yourself permission to relax and have fun.
- Give yourself permission to say no/opt out of activities that do not align with your self-care plan.
- Incorporate art, music, writing, gardening, crafts or other creative activities you enjoy into your routine.
- Begin and maintain routines that support you in mindfully moving throughout your day and healthy eating (meaning eating intuitively to satisfy your hunger rather than dieting).
- Nurture your sense of awe and wonder (nature is a good source for this).
- Implement a bedtime and wake-up time that you stick to each day. Incorporate avoidance of caffeine later in the day. Also, put away the electronics at least an hour before bedtime.
- Establish routines that help you regularly connect with supportive people and pets in your life.
- Limit your review of daily news and use of social media.
- Be kind to yourself and others.
- Give yourself permission to seek out help to deal with stressors and problems getting in the way of your self-care.
- Take action to make the world around you a better place for yourself and others.

Tips and ideas come from a 3-part self-care blog from the Mindful Counseling Center.

Mindful Counseling Center LLC

609-377-5859 . mindfulcounselingcenter@gmail.com . www.mindful-counseling-center.com