

Holistic Self Care – – What to Do When You're Tired & Droopy:

- Breathe
 - Focus on feeling the breath at tip of nose
 - Fill up fully: 3-part full inhale, shorter steady exhale
 - Breath of Fire: pant like a dog (look up a yoga video for this)
- Sigh and smile :)
 - Wake up the facial muscles
 - Hum, tone, or sing sweet upward-moving notes (option to softly plug the ears)
- Stand
 - Weight on balls of feet; roll from heels to toes; shift side to side
 - Bend and straighten knees, bounce and shake
 - Outside on the earth, barefoot if possible
- Be Still
 - Sit for a few minutes, ask, "What am I feeling?" and listen
 - What do I need?
 - Let crying happen if so... Speak words of encouragement
 - How can I meet this need? – Take one action to help it happen
- Rest
 - Lie down with knees or feet up, or on side, with blanket: 15-20 mins +
 - Give self-massage, especially on the face, chest, anywhere that needs it
- Move
 - Rub around whole body, then pat or tap down, then swoosh the energy
 - Open and close arms & chest with self hugs between
 - Swing arms & torso side to side, reach to sky and ground repeatedly
 - Roll head gently, circle eyes, stretch tongue
 - Play upbeat music; shake, dance, sing along with it
 - Walk/march/run in place or around the yard or building, do squats
 - Bowels - take/eat extra fiber during day, perhaps a colon cleanser at night
- Do
 - Complete a small task. Celebrate it. What opens up next?
 - Self talk: "I'm proud of you (*name*) for ____, "I'm here with you," or other kindness
 - Reach out, ask for soothing touch: however light or hard you need it, or cuddles
 - Reach out, talk with someone: what's on your mind?
- Laugh
 - Do something silly and playful! With a child or friend if possible
 - Find funny jokes or stories, fun photos or videos
- Nourish
 - Drink warm water, electrolytes, hot herbal tea or fresh juice
 - Mindfully eat dark chocolate or ginger; maybe drink a mellow caffeine
 - Eat protein, fresh living food for energy; take enzymes or probiotics for gut
 - Healthy fat for the brain – mental work burns calories!
- Aromatherapy
 - Smell essential oils; diffuse; rub on hairline, neck, feet; add to shower or bath
 - Peppermint, Geranium, Lemon, Clove, Eucalyptus, Ginger, Grapefruit, Cedar, etc

Holistic Self Care – – What to Do When You're Wired & Edgy:

- Breathe
 - Discharge excess energy: make sounds of “sss” / “shh” / “hoo” / “haa” / etc
 - Empty out slowly: exhale longer than inhale
 - Alternate nostril breathing (look up a yoga video for this)
- Sigh and smile :)
 - Relax the facial muscles
 - Hum, tone, or sing long low relaxing notes (option to softly plug the ears)
- Stand
 - Legs wide, feet grounded, knees bent, think heavy and earthy
 - Outside on the earth, barefoot if possible
- Be Still
 - Sit and ask, “What am I feeling?” and listen
 - What might be the cause?
 - What is in my control? What is not?
 - When have I felt this before?
 - What worked to resolve it?
 - What do I need to do, stop doing, know, or hear myself say?
 - What are my options right now? - Take one action to help it happen
- Rest
 - Melt into the earth, knees or feet up, with (weighted) covering, 15-20 mins +
 - Relax face and jaw and breathe deeply, massaging for extra relaxation
 - Play calming music, hum or sing along with it
- Move
 - Sit on ground if possible, legs in comfy position, hug yourself or a pillow
 - Self massage any or all areas of body, squeezing or moving slowly
 - Walk or run, either quickly or slowly/mindfully, whichever you need
 - Bowels - take/eat extra fiber during day, perhaps a colon cleanser at night
- Do
 - Self talk: “I’m here with you (*name*), let’s settle,” or other words of kindness
 - Reach out, ask for gentle touch: slow presses with hands, or cuddles
 - Reach out, talk with someone: what’s on your mind?
- Laugh
 - Do something silly and playful, with a friend or child if possible, let off steam
 - Find what is going well, engage your creativity
- Nourish
 - Say no to sugar, caffeine, alcohol, nicotine (stay natural)
 - Drink (warm) water, electrolytes, Calm (magnesium), or calming herbal tea
 - Take nootropic to balance brain; take enzymes or probiotics to balance gut
 - Eat protein, root vegetables, healthy foods: cool or warm depending on season
- Aromatherapy
 - Smell essential oil; diffuse; rub on chest, neck, wrists, feet; add to bath or shower
 - Lavender, Chamomile, Rose, Vetiver, Sweet Orange, Frankincense, Basil, Clary Sage, Ylang Ylang, Cedarwood, Bergamot, Patchouli, etc.