

108 HEALTH PRACTICES

Mayra Porrata, M.Ed.



SPIRITUAL WELLBEING

- Develop a personal mission statement or life philosophy
- Engage in regular journaling to explore spiritual questions
- Read spiritual texts or scriptures regularly
- Practice daily meditation to connect with your inner self
- Engage in creative expression as a form of spiritual practice
- Engage in prayer or other forms of spiritual communication
- Spend time in nature to connect with the natural world
- Practice yoga or other mindful movement
- Engage in acts of service or charity work
- Practice gratitude by acknowledging the blessings in your life
- Spend time in quiet reflection or solitude
- Create a sacred space in your home for spiritual practices
- Engage in rituals that have personal spiritual significance
- Engage in rituals that promote our shared humanity
- Practice forgiveness and release resentment
- Engage in fasting or other spiritual practices
- Cultivate a sense of wonder and awe in everyday life
- Practice mindful breathing to center yourself
- Connect with a spiritual community or group
- Practice compassion towards yourself and others
- Study the lives of spiritual leaders or role models
- Engage in pilgrimage or spiritual travel
- Develop a practice of contemplation or deep thinking
- Participate in retreats or spiritual workshops
- Practice simplicity and minimalism in your life
- Practice mindfulness in daily activities
- Seek spiritual guidance from mentors or leaders

MENTAL WELLBEING

- Practice ways to regulate your nervous system, daily
- Engage in cognitive-behavioral exercises to challenge negative thoughts
- Read books to stimulate your mind and increase knowledge
- Set achievable goals for personal and professional growth
- Limit screen time, especially before bed
- Engage in problem-solving activities like puzzles and games
- Learn a new skill or hobby
- Keep a gratitude journal to focus on positives
- Write down angry or conflicting thoughts in a daily journal
- Exercise regularly to boost brain function
- Get enough sleep to support cognitive function
- Practice deep breathing exercises to reduce stress
- Spend time in nature to refresh your mind
- Limit caffeine to reduce anxiety
- Take regular breaks during work or study sessions
- Practice time management to reduce stress
- Avoid multitasking to improve focus
- Engage in creative activities like drawing or writing
- Eat a balanced diet to support brain health
- Stay hydrated to maintain cognitive function
- Reduce substances that undermine mental clarity
- Practice positive affirmations daily
- Seek therapy or counseling when needed
- Practice visualization techniques to achieve goals
- Engage in self-reflection and introspection
- Avoid excessive news consumption to reduce stress
- Listen to music that enhances focus and relaxation

EMOTIONAL WELLBEING

- Practice emotional awareness – to help you understand yourself
- Learn to identify and name your emotions
- Practice emotional regulation techniques, such as deep breathing
- Express your emotions through art, music, or writing
- Practice journaling to process your emotions
- Develop a support network of friends and family
- Engage in regular physical activity to release endorphins
- Practice self-compassion and forgive yourself for mistakes
- Practice empathy by putting yourself in others' shoes
- Engage in regular self-care routines
- Set boundaries to protect your emotional well-being
- Talk about your feelings with trusted individuals
- Practice letting go of grudges and resentment
- Engage in activities that bring you joy
- Accept compliments graciously without deflection
- Practice resilience by learning from failures
- Avoid negative self-talk --respect yourself
- Develop emotional intelligence by recognizing and managing emotions
- Take time to relax and unwind daily
- Practice gratitude by regularly reflecting on positive aspects of life
- Engage in activities that boost your mood, like dancing or singing
- Develop coping strategies for dealing with stress
- Practice mindfulness to stay present and calm
- Laugh regularly to boost your mood
- Create a vision board to stay motivated and inspired
- Engage in regular physical touch like hugs to release oxytocin
- Seek therapy when needed to work through emotional challenges
- Engage in random acts of kindness to boost your mood

SOCIAL WELLBEING

- Maintain regular contact with family and friends
- Practice empathy by understanding others' perspectives
- Develop a network of supportive individuals
- Practice active listening during conversations
- Offer help to friends and family when needed
- Set healthy boundaries in relationships
- Be honest with yourself so that you don't confuse others
- Forgive anyone who has ever hurt you
- Practice forgiveness in family relationships to heal and move forward
- Support others in their goals and endeavors
- Practice kindness and generosity in your interactions
- Engage in social media mindfully, avoiding negativity
- Participate in community activities or volunteer work
- Join social groups or clubs with shared interests
- Develop effective communication skills to express yourself clearly
- Spend quality time with loved ones
- Resolve conflicts constructively and respectfully
- Engage in team sports or group activities
- Show appreciation to those around you
- Attend social events and gatherings that uplift you
- Be open to new friendships and connections
- Engage in family traditions or create new ones
- Practice inclusivity and embrace diversity in social settings
- Participate in group discussions and debates
- Develop generosity in your relationships
- Celebrate the successes of others without envy
- Share your experiences with others to foster connection

SUPPORT

If you have any questions about this guide, please contact me directly via email (mayraporrata@outlook.com) or visit mayraporrata.com and use the contact forms throughout the site.

Stay grounded. Be groovy.
Mayra

