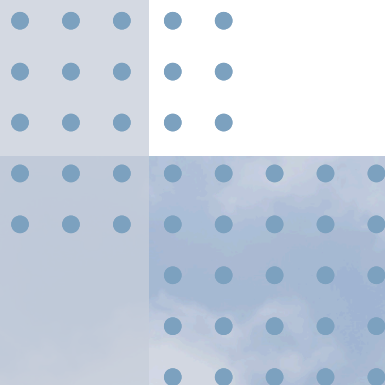
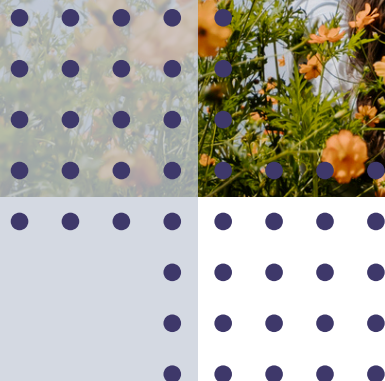




SELF-CARE

from the inside out



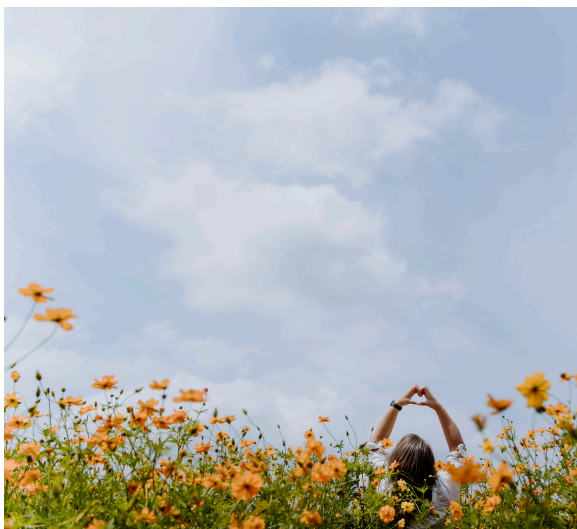
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ABOUT

Self-care is foundational 'primary care'. It is both the honoring and welcoming of life as we meet ourselves no matter the circumstance. It is a responsibility and loving duty we cannot outsource.

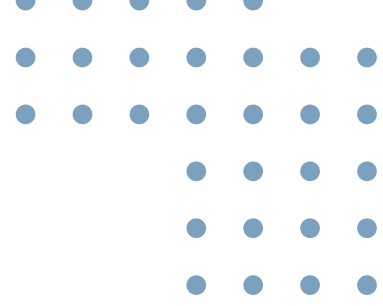
This publication shares simple and free self-care practices for mental, emotional, social and spiritual wellbeing.

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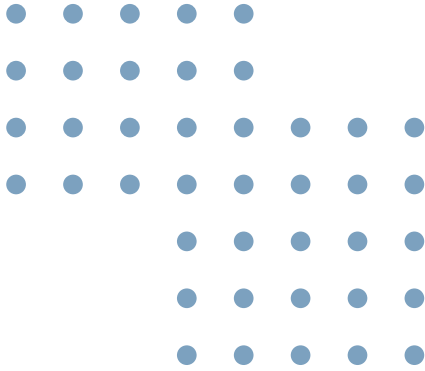


SPIRITUAL WELLBEING

- Practice gratitude daily-- look for the harmony and good, even in chaos
- Notice the blessings, wealth, and beauty in your life
- Practice mindfulness throughout daily activities
- Develop a practice of contemplation or deep noticing
- Spend time in quiet reflection or solitude daily
- Engage in prayer or other forms of spiritual communication
- Engage in regular journaling to explore questions or confusion
- Practice daily meditation to connect with your inner self
- Engage in creative expression(s) as a form of spiritual practice
- Spend time in nature to connect with the natural world
- Practice yoga, stretching, or other mindful movement
- Engage in acts of service in your community
- Create a sacred space in your home
- Read spiritual texts or scriptures regularly
- Engage in rituals that have personal significance to you
- Practice forgiveness and release resentment
- Cultivate a sense of wonder and awe in everyday life
- Practice mindful breathing to center yourself when angry
- Connect with a loving community or group
- Practice compassion towards yourself and others
- Study the lives of wise leaders
- Participate in retreats or spiritual workshops
- Practice simplicity and minimalism in your life
- Seek spiritual guidance from mentors or wise leaders
- Be kind to yourself every day
- Trust the wisdom of life
- Allow the guidance of your Higher-Self/God/Holy Spirit/Divine Intelligence

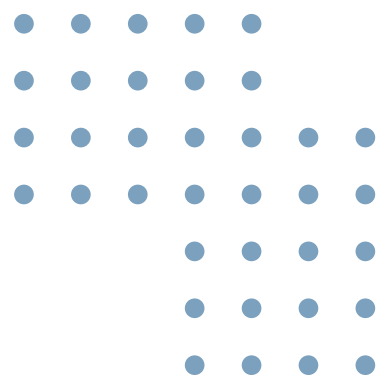
SOCIAL WELLBEING

- Maintain regular contact with people you love
- Engage in meaningful traditions or create new ones
- Align with networks of kind and supportive individuals
- Create community and belonging where it's lacking in your life
- Practice empathy by understanding others' perspectives
- Share your experiences with others to foster connection
- Practice active listening during conversations
- Offer help to friends and family when needed
- Set healthy boundaries in all 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
- Resolve conflicts constructively and respectfully
- Engage in team sports or group activities that interest you
- Show appreciation to those around you
- Attend social events and gatherings that uplift you
- Be open to new friendships and connections
- Practice inclusivity and embrace diversity in social settings
- Celebrate the successes of others
- Refrain from criticizing others- we're all doing the best we can!



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
- Let 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
- 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
- Seek therapy when needed to work through emotional challenges
- Engage in random acts of kindness to boost your mood
- Love your life



MENTAL WELLBEING

- Practice ways to regulate your nervous system, daily
- Inquire into the nature of your negative thoughts-- are they true?
- Read books and media that expand your knowledge
- Set achievable, joyful 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 understand what you love
- Write down angry or conflicting thoughts to better understand them
- Exercise regularly to boost brain + body 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 nourishing diet that supports your body
- Stay hydrated
- Reduce substances that undermine mental clarity
- Speak kindly to self and others
- Engage in self-reflection and introspection
- Seek therapy or counseling when needed
- Avoid excessive fear consumption
- Listen to music and sounds you love

We grow from the
inside-out-- no one can
do it for us. The only
teacher while you're
embodied is your own
life and soul.

