



## Ways to step into your self-care

Do you ever forget to take care of yourself? Do you put other needs in front of your own?

I know. You're busy, and finding the time to take proper care of yourself can be hard. But if you don't, it won't be long before you're depleted and have no energy to give to anyone.

### So what is self-care?

**Self-care** is **care** provided "for you, by you." It's about identifying your own needs and taking steps to meet them. It is taking the time to do some of the activities that **nurture** you.

**Self-care** is about taking proper **care** of yourself and treating yourself as kindly as you treat others.

### What does energy depletion look like?

- Tired
- Anxious
- Exhausted
- Easily agitated or frustrated
- Depression
- Self criticism
- A loss of appetite
- Loss of motivation
- Lack of energy
- A sense of self-loathing
- insomnia

### Self-Care Isn't a One-Time Deal

Self-care needs to be a daily habit, just like brushing your teeth. The best way to do this is to implement tiny self-care habits every day. To regularly include in your life a little bit of love and attention for your own body, mind, and soul in small increments.

The following ideas are tiny self-care activities you can fit into a short amount of time, usually with little cost.

### Tiny Self-Care Ideas for the Mind & Spirit

1. **Start a compliments file.** Document the great things people say about you to read later.
2. **Scratch off one item on your to-do list**, something that you keep putting off
4. **Go cloud-watching.** Lie on your back, relax, and watch the sky.
5. **Take a mindfulness walk or activity** ([See www.calm.com](http://www.calm.com))
7. **Goof around for a bit.** Schedule in **five minutes of "play"** (non-directed activity) I like to blow bubbles, play with silly putty, and dance
9. **Fix a small annoyance at home that's been nagging you**—a button lost, a drawer that's stuck, and a light bulb that's gone.

11. **Do Heartmath breathing** <https://www.heartmath.org/>
12. **Be selfish.** Do one thing today just because it makes you happy.
13. **Do a mini-declutter.** Recycle three things from your wardrobe or home that you don't love or regularly use.
14. **Unplug for an hour.** Switch everything to airplane mode and free yourself from the constant *bings* of social media and email. Just be.

#### Tiny Self-Care Ideas for the Body

1. **Do deep breathing exercises**
3. **Get down and boogie.** Put on your favorite upbeat record and shake your tail feathers.
4. **Stretch out the kinks.** Do yoga
5. **Walk**
9. **Make one small change to your diet for the week.** Drink an extra glass of water each day, or have an extra portion of veggies each meal.
10. **Give your body a treat.** I.e. pedicure, facial, or massage
11. **Be still.** Sit somewhere green, and be quiet for a few minutes.
12. **Get fifteen minutes of sun** (Use sunscreen if appropriate.)
13. **Inhale an upbeat smell.** Try peppermint or sweet orange essential oils
14. **Have a good laugh.** Read a couple of comic strips that you enjoy, comedy movie or show
15. **Take a quick nap.** Ten to twenty minutes can reduce your sleep debt and leave you ready for action.
16. **Take that class you have been wanting to do** ie craft, cooking, spiritual, or music class at the local rec center or other places
17. **Tap into the inner child,** go play putt-putt, finger paint, alpine slide, swimming, swing at the playground, video games, go-carts, hop scotch, blowing bubble's, water balloon fight, side walk art with chalk, coloring, painting and just playing
18. **Sit with a pet.**
19. **Have a self-date.** Spend an hour alone doing something that nourishes you (reading, your hobby, visiting a museum or gallery, etc.)
20. **Take a home spa.** Have a long bath or shower, sit around in your bathrobe, and read magazines.
21. **Ask for help**—big or small, but reach out.
22. **Plan a two-day holiday for next weekend.** Turn off your phone, tell people you'll be away, and then do something new in your own town.

Enjoy stepping into your self-care, I encourage you to do one item from this list each day. Love yourself as much as you love others ♥  
Love and Light  
Trina