

# SIMPLE SELF CARE

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# Introduction

## SIMPLE SELF CARE



Self care needs to be more than a once in a while activity. We need it regularly, even daily!

We need to learn to ask ourselves what we need in the moment—and get really good at listening to the answer.

Beyond that, we need to plan in regular self care activities into our days so that self care becomes a daily habit.

Simple Self Care:

- In the moment when you need it
- As a daily habit

# The Big Big List

## of ideas for self care

### **Exercise/ Movement:**

A great way to start the day is to get the blood flowing and the body moving.

**Yoga**

**Walking**

**HIIT (High Intensity Interval Training)**

**Tai Qi/ Qi Gong**

**Running**

**Pilates**

### **Stress Reduction:**

Meditation and other stress relieving activities can affect our health and well being.

**Meditation**

**Visualizations**

**Affirmations**

**Guided Relaxation**

**Diffuse Essential Oils**

### **Mental:**

Lifelong learning can happen every day if you include it as part of your morning routine.

**Study**

**Memorize**

**Listen to a podcast (I recommend Moms Who Know)**

**Listen to uplifting music**

## **Health:**

Starting the day with a healthy drink or meal sets you up to be healthy all day.

**Drink Herbal Tea**

**Drink Warm Water with Lemon**

**Drink bone broth**

**Drink Green Smoothie or Green Juice**

**Eat a healthy breakfast that includes protein**

**Take a multivitamin**

## **Waking Up:**

The way you wake up affects the effectiveness of your morning.

**Wake up Before your Kids**

**Use a Dawn Simulator (instead of an alarm clock)**

**Wake up at 6am or earlier**

**Don't Press Snooze**

**Be Consistent- Wake up at the same time each day**

## **Spiritual:**

Spiritual activities put you in touch with the divine.

**Read Scriptures**

**Pray**

**Journal**

**Go outside and Enjoy Nature**

**Make and add to a gratitude list**

## **Practical:**

Include things you need to do as part of your morning routine.

**Shower, Brush teeth, etc.**

**Get dressed**

**Put on makeup**

**Prep Lunch**

**Dry Brushing your skin**

**Oil Pulling for Dental Health**

## **Plan:**

Setting aside time to review and plan keeps you on task and moving toward your goals.

**Review your Goals**

**Review your Daily Schedule**

**Prioritize what you want to Accomplish**

**Plan Dinner**

**Brain Dump anything on your Mind**

## **Connect With Others:**

Making time for those you love in the morning allows you to connect with intention.

**Hug your Child**

**Kiss your Spouse**

**Cuddle your Pet**

**Text a Friend**

**Eat Breakfast with your Family**

## **Household:**

If you keep up on the daily activities, the house stays much more orderly and feels less overwhelming.

**Unload Dishwasher**

**Start a Load of Laundry**

**Make your Bed**

**Open Curtains/ Blinds**

**Tidy the House**

## **Avoid:**

Making sure certain things stay out of your morning can also be helpful.

**TV**

**Social Media**

**Email**

**Snooze Button**

# Self Care Range of Possibilities

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What self care do I need? List ideas below.

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What one simple act of self care will I begin?

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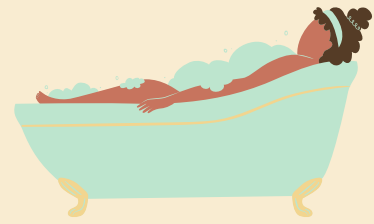
What is the minimum for this activity?

.....

What is the maximum for this activity?

.....

# IMPLEMENTATION INTENTION



*I will*

---

*at*

---

*in*

---

I will: what is the specific thing you will do for self care?

at: what time will you do it/ what event is it linked to?(trigger)

in: where will it take place?

# TINY HABIT FOR SELF CARE



Trigger: When I feel\_\_\_\_\_

Tiny Habit: I will ask: what do I need?

Reward:

One of the best habits you can get into is the habit of tuning in to what you need. When you feel yourself getting overwhelmed or stressed out, pause. Ask yourself what you need. Get really good at listening to the answer.