

# SELF-CARE SUGGESTIONS

On the journey to wholeness and learning to love and respect yourself, it important to take good care of yourself. This includes nurturing your physical, emotional, mental, and spiritual self. You need stimulation to be personally challenged to grow and celebrate life. You need people to be close to and to share your journey. You need things to do that bring you pleasure and fun. You will also need a way to connect to yourself, such as daily meditation/contemplation. Practicing active self care is essential for healthy living. Self care gives you the energy to participate, contribute, meet challenges and be fulfilled. Taking good care of yourself supports your ability to do the inner work and self-healing necessary to have high self-esteem, good relationships, and to Live It Fully Everyday!

## 60 Ways to Nurture Myself

PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
Take a walk	Deep breath and think, "I am calm and peaceful"	Say an affirmation	Connect with Nature
Ride a bike	Share feelings about an experience with a friend	Read a book or magazine article	Concentrate on the flame of a candle
Soak in a hot bath, with candles and music	Listen to music you like	Express your thoughts & feelings in a journal	meditate
Exercise at the gym	Sing or makes sounds	Make a to do list	Pray
Stretch and move to music	Hug someone, ask for a hug	Write a poem	Talk to your guardian angel
Practice Yoga postures	Pet your dog or cat	Write a letter	Listen to a guided meditation tape
Take a course in Tai Chi, water aerobics, or yoga	Talk to someone by pre-tending they are facing you in an empty chair	Listen to tapes	Write about your spiritual purpose
Sit in the sun for 15 minutes	Telephone a long dis-tance friend or relative	Email a friend	Visualize yourself in a peaceful place
Change one thing to improve your diet	Notice what you are feeling several times a day	List things you will do to improve your life	Do something of service for another or for your community
Watch birds and animals interact in nature	Write a letter to someone who has hurt you, but do not send it	Update negative beliefs that limit your life	Join a church group
Go swimming	Feel your fear and take a positive risk for change	Journal write daily about your reactions, thoughts and feelings for a month	Learn about a religion different from your own
Sit in a garden or park	Smile at a stranger and send them thoughts of peace, acceptance, joy	List your traits, needs and want	Study with a spiritual teacher

Take a nap	Affirm your self daily	Make a list of short term and long term goals	Study ancient, esoteric wisdom teachings
Get a massage	Watch children play; talk to your inner child in a loving, joyful way	Preview your day upon awakening, Review upon retiring	Practice unconditional love and forgiveness with self and others
Eat totally healthy for one day	Acknowledge yourself for accomplishments you are proud of	Work on your family tree	Practice a daily quiet time, routine to connect spiritually

CELEBRATE LIFE EACH AND EVERYDAY! FIND SOMETHING TO BE GRATEFUL FOR! BE THANKFUL FOR YOUR BLESSINGS &

**PRACTICE ACTIVE SELF CARE!!**

