

Self Care Tips for the Body



- 1. Give your body ten minutes of mindful attention.** Use the body scan technique to check in with each part of your body.
- 2. Oxygenate by taking three deep breaths.** Breathe into your abdomen, and let the air puff out your stomach and chest.
- 3. Get down and boogie.** Put on your favorite upbeat record and shake your booty.
- 4. Stretch out the kinks.** If you're at work, you can always head to the bathroom to avoid strange looks.
- 5. Run (or walk, depending on your current physical health) for a few minutes.** Or go up and down the stairs three times.
- 6. Narrow your food choices.** Pick two healthy breakfasts, lunches, and dinners and rotate for the week.
- 7. Activate your self-soothing system.** Stroke your own arm, or if that feels too weird, moisturize.
- 8. Get to know yourself intimately.** Look lovingly and without judgment at yourself. (Use a mirror to make sure you get to know all of you!)
- 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.** Pick something from your wardrobe that feels great next to your skin.
- 11. Be still.** Sit somewhere green, and be quiet for a few minutes.
- 12. Get fifteen minutes of sun,** especially if you're in a cold climate. (Use sunscreen if appropriate.)
- 13. Inhale an upbeat smell.** Try peppermint to suppress food cravings and boost mood and motivation.
- 14. Have a good laugh.** Read a couple of comic strips that you enjoy. (For inspiration, try Calvin and Hobbes or Dilbert.)
- 15. Take a quick nap.** Ten to twenty minutes can reduce your sleep debt and leave you ready for action.

