

Self Care Tips for the Mind



- 1. Start a compliments file.** Document the great things people say about you to read later.
- 2. Scratch off a *lurker* on your to-do list,** something that's been there for ages and you'll never do.
- 3. Change up the way you make decisions.** Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head.
- 4. Go cloud-watching.** Lie on your back, relax, and watch the sky.
- 5. Take another route to work.** Mixing up your routine in small ways creates new neural pathways in the brain to keep it healthy.
- 6. Pay complete attention to something you usually do on autopilot,** perhaps brushing your teeth, driving, eating, or performing your morning routine.
- 7. Goof around for a bit.** Schedule in five minutes of “play” (non-directed activity) several times throughout your day.
- 8. Punctuate your day with a mini-meditation** with one minute of awareness of your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.
- 9. Be selfish.** Do one thing today just because it makes you happy.
- 10. Do a mini-declutter.** Recycle three things from your wardrobe that you don't love or regularly wear.
- 11. Unplug for an hour.** Switch everything to airplane mode and free yourself from the constant *bings* of social media and email.
- 12. Get out of your comfort zone,** even if it's just talking to a stranger at the bus stop.
- 13. Edit your social media feeds, and take out any negative people.** You can just “unfollow” them; you don't have to delete them.

