

Daily Self Care Ideas

- prep healthy meals with family members on Sundays
- hot epsom salt bath couple times a week
 - make it a spa experience
 - add lavender essential oil
 - read a magazine
 - wear a bathrobe
 - paint your nails
- 5 minute meditation/visualization every morning or night
 - scan your body and give mindfulness to sore areas
- exercise
 - not just in a gym but outside if possible
 - get sun exposure or take vitamin d in winter
 - green things, fresh air
- deep breathing exercises
 - apps available
- yoga/qi gong/stretching
 - do a video at your desk (if you have a private office)
- acupressure points (see handout)
- no electronics after 9 and in bed by 10
- take a different route to work
- Play! Laugh!
- declutter
- nap
- light a candle
- listen to music
- journal, write
- have a self date
 - take yourself to the movies, go to lunch, sip tea and read a book at Barnes & Noble