

## Self-Care Minis

One thing I hear from talking to people over the years is that self-care seems difficult, if not impossible, due to ongoing lack of time and energy. The following ideas describe quick, easy “mini” self-care activities that you may be able to fit into your daily schedule despite a tired brain or body! They are meant to supplement any other “bigger” self-care that you are able to do. You may use some of these “minis” already but didn’t think of them as self-care, and many are consistent with mindfulness and meditation strategies. Feel free to take what helps and to leave the rest.

*From, Lexi*

Choose an idea and do it for at least 30-60 seconds as a way to prioritize yourself throughout each day. If the activity feels good and you have the option to do it a little longer, please do! You can also “pair” the activities with another part of your routine as a cue or reminder to do a self-care in that moment.

1. Rest your eyes by closing them
2. Take some conscious breaths or focus on your breathing
3. Check for and tend to basic body cues (e.g., Am I hungry or thirsty? Do I need to rest? Am I too cold or warm?)
4. Eat or drink a tiny bit slower and/or savor the taste
5. Linger when washing your hands to feel the warm/cool water
6. Put on lotion and massage your hands or fingers
7. Do some simple stretching
8. Sit down if you’ve been standing (or vice versa)
9. Do a quick cleaning task such as wiping a counter or putting a few items in their place
10. Look at yourself in a mirror and smile
11. Ask for a hug or hug yourself
12. Say or think a positive affirmation
13. Look at an inspirational quote
14. Watch a short funny or heartwarming video
15. Look at a photo of something or someone you love or makes you laugh
16. Play a short game, color, do a puzzle, etc. on your phone or on paper
17. Write in a journal or “doodle”
18. Focus on something beautiful or scenic in your surroundings
19. Choose something in your range of hearing to focus on, such as: A ticking clock, fan, rain, train whistle, buzzing appliance, wind chime, plane overhead, murmur of conversation nearby, etc.
20. Stare out a window or at something across the room
21. Daydream about something positive or “zone out”
22. Spend time with a pet

\*Please first check with your physician before implementing any ideas that involve physical activity or any other use of your body.