

WELLNESS REMINDERS



SELF-CARE IS ANY ACTIVITY WE DO CONSCIOUSLY IN ORDER TO TAKE CARE OF OUR MENTAL, EMOTIONAL, PHYSICAL, AND SPIRITUAL WELL-BEING. INTENTIONAL SELF-CARE IS KEY TO IMPROVED MOOD AND REDUCED FEELINGS OF STRESS! WHAT ARE YOU DOING FOR YOUR SELF-CARE?



WELLNESS WALK

Take 10 minutes to go for a walk! Walk in your yard, down the street, or on a trail. You can pay attention to what you hear (*do you hear birds singing? do you hear cars? do you hear children playing?*). You can pay attention to the colours you see (*do you see bright green? light blue? grey? pink or purple?*). If thoughts float into your mind, that is okay! Do your best to refocus your attention on what you hear or the colours you see.



SHOWER MEDITATION

Try meditating in the shower! Every time you take a shower, visualize washing away your stress and anxiety. *Concentrate on the feel of the water on your skin. Imagine the power of the water washing away your negative thoughts. Feel your sadness, regret, anger, and guilt washing right off you. Let it all go down the drain. Try it for a week and notice if you feel lighter and more clear.*



THE RIVER: A VISUALIZATION EXERCISE

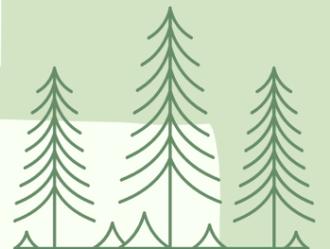
Imagine you are sitting by a river. Take a moment to picture this river and its surroundings in your mind. As thoughts begin to arise, imagine you are sitting on the shore, watching them float by as though they were leaves on the water. As you become aware of each thought that appears, just gently allow it to float by. If you find yourself following the thoughts, as soon as you have noticed they have carried you away from the present, step out of the stream and bring your attention back to sitting on the bank observing.



FOREST BATHING

1. Find the right place - look for a secluded spot.
2. Choose a time that is right for you (even 10-20 minutes is beneficial!).
3. Take only what is necessary.
4. Go slow! Sit down and feel the earth beneath you; find a place to be still and observe.
5. Notice small details - let your senses experience what is around you (*can you see the patterns in the leaves or pay attention to the light? can you smell the soil? can you listen to the forest sounds around you? what can you feel? can you taste a raindrop?*)

Remember, the goal is not to think, but to FEEL!



SELF-CARE CHEAT SHEET

1. Rest.
2. Fuel your body and drink lots of water.
3. Move! Do what feels good for your body - dance, go for a walk, stretch!
4. Be still. Take a few minutes every day to take deep belly breaths.
5. Express gratitude. What big and little things are you grateful for?
6. Enjoy yourself. Do something every day that brings you joy.



JOURNALLING

Journal prompts to encourage self-care and wellness:

1. What are 3 things you are doing that no longer serve you? How can you stop doing these things?
2. Make a list of people in your life who support you. Why does their support mean so much to you?
3. What helps you feel at peace and why?
4. Make a list of 10 things that make you smile.

