

The Art of Self Care

1 - Hello!

2 - Haiku

3 - Self Care Check In

4 - Body: Take good care of yourself

5 - Heart: Love you!

6 - Mind: Be kind to your mind

7 - Snow Day

8 - Notes to Self

9 - Favorites

10- Self Care :Words to Consider



Haiku

self-care, blah blah blah
airplane mask analogy
roll my eyes...but? wise.

rat race, scurry, chase
this unsustainable pace
...your time to rest yet?

burned out, weary, spent
at the end of ourselves now
want change...wonder how

permission to grow
look...let your truer self show
grounded presence--peace

self care: curious?
step toward the mysterious
be bold with new paths



Take good care of yourself!

How well do you listen to your body?

- Check off 1-3 ways you are *already* taking good care of your body.
*Star 1-3 things you'd like to do to take better care of yourself.

- eat when you're hungry & stop eating when you're full
- make healthy food choices/plans
- have a doc/practitioner you trust
- willingness to go to the doctor
- have regular check ups
- get enough sleep
- take a longer shower/bath
- release/express anger in healthy ways
- work out / exercise regularly
- run · walk · bike · dance · swim · basketball · yoga · pickleball · tennis · soccer · fitness classes
- don't put off using the restroom: when you gotta go, you gotta go!
- wear what you really like, considering: color, fabric, style, comfort
- haircuts/massages as desired
- hugs/touch
- healthy physical intimacy



Simple Practices: Embodied Stillness, Embodied Movement

- 478 breath exercise: Inhale 4 counts. Hold your breath for 7 counts. Exhale 8 counts.
- Something you'd like to do from the list above: _____

Schedule a time to do it in the next 2 weeks. Tell a friend. Put it on your calendar.

Self Care - Why Bother?

weary - exhausted - worn out - rat race - unsustainable pace - overwhelm
decision fatigue - tension - urgency - crisis - fight or flight - burnout

reset · restoration · comfort · pause · rest · delight · space · time
abundance · trust · patience · joy · peace · sustainable pace · presence

Body

exhausted	embodied
weary	refreshed
broken	whole
sick	healthy
in pain	in peace
move w strain	move freely
tense	relaxed
tight	light
scurrying	strong
asleep	awake
dismembered	remembered
ashamed	enjoying
hiding	offering
covering	opening
covering	embodying
defending	grounded
imprisoned	free
frantic	purposeful
passive	active
distant	intimate

Heart

heavy	light
broken	healed
hurt	hopeful
aching	comforted
abandoned	embraced
cold	warm
hard	soft
empty	full
lonely	loved
despairing	discerning
guarded	vulnerable
closed	open
constricted	communing
neglected	nurtured
ashamed	beloved
regret	release
fragmented	connected
stuck	playful

Head

wandering	wondering
frazzled	settled
foggy	clear
scattered	gathered
crazy	collected
stuck	inspired
fixed/closed mind	open mindset
foolish	wise
confusion	clarity
destruction	construction
condemning	imagining
shutting down	seeking
compare-despair	gratitude-aware
critical	gracious
harried/hurried	intentional
mindless	mindful
anxious	trusting
judging	curious
distracted	determined
lazy	laser-focused