

Let's remember that self-care doesn't have to be something big or elaborate. Even something small and simple can make an impact on our well-being. Now more than ever, we must focus on staying healthy in all aspects...physical, mental, emotional, financial, etc.

Self-Care Tip of the Day: 3-16-20

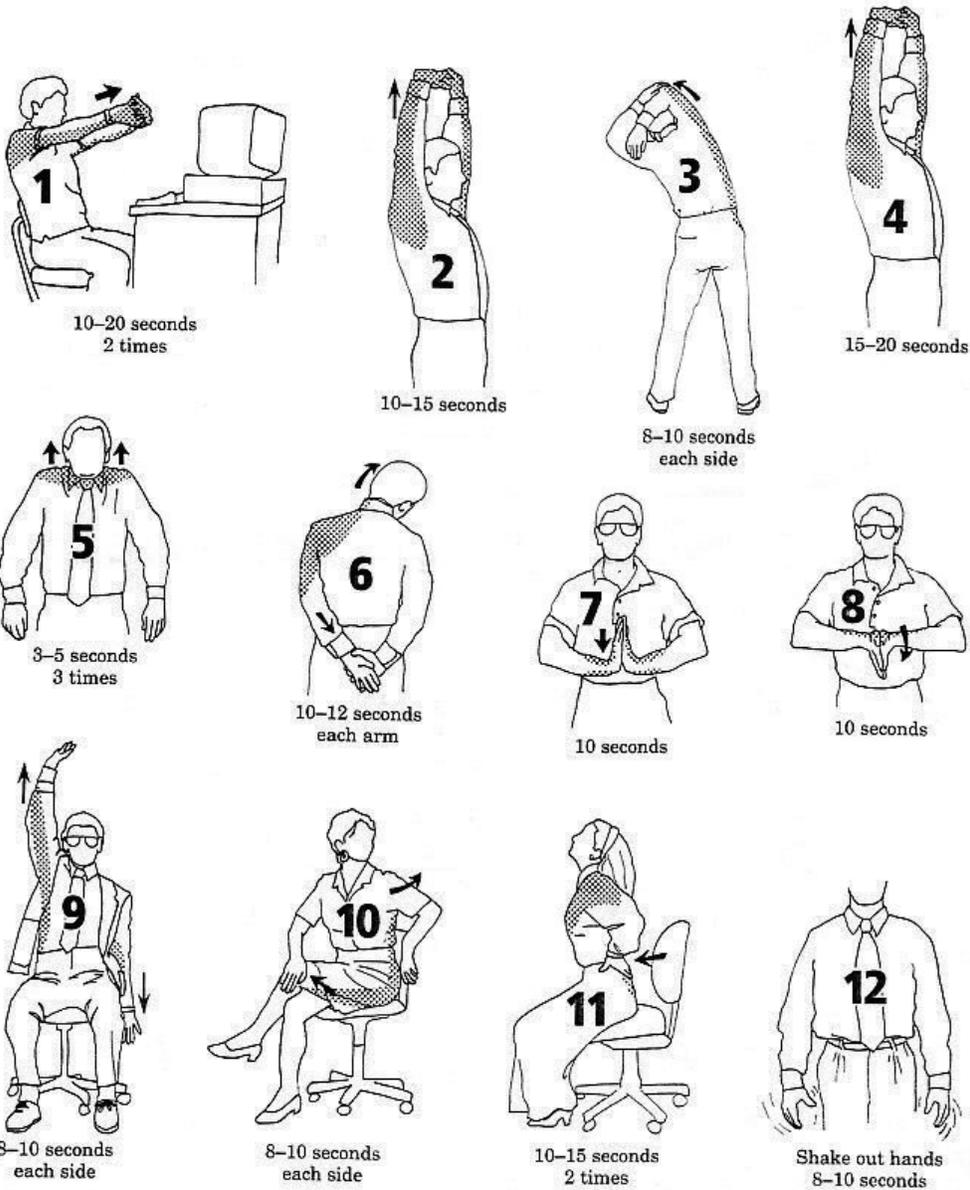
Use your commute for a “Beauty Scavenger Hunt.” Are you driving on autopilot? Have you ever been driving and then realize that you don't remember how you got there? Are you pre-occupied with “dumb drivers”, or what is on your to-do list, or what is waiting at home? Often, our thoughts take up our time and energy and we forget to simply pay attention. **Your challenge is to find FIVE unexpected beautiful things on your way to and/or from work.** We are truly lucky to live in such a beautiful place! Let's not forget to find the beauty that surrounds us. Stay Healthy 

Self-Care Tip of the Day: 3-17-20

Give your body 5 minutes of mindful attention. Use the [body scan technique](#) to check in with yourself. Although, it is ideally recommended to take about 30 – 60 minutes for a body scan, just five minutes can help you regain your focus. Notice any parts of you that don't feel relaxed. Listen to them, pay close attention and discover what their worries, fears, concerns, pain, tightness, or other feelings are. Concentrate on each part, consciously inviting them to let go and relax. Once all parts have relaxed, confirm with yourself that you are ok. Hopefully, you feel refreshed, refocused, and ready to face anything that comes your way!

Self-Care Tip of the Day: 3-18-20

Stretch. Stretching is extremely important. It improves flexibility and posture, increases nutrient supply to the muscles, reduces soreness and stiffness, and decreases likelihood of injury. Stretching also calms the mind, releases tension, reduces stress, and can increase energy. It doesn't take long to get a good stretch in each day, and it's a great way to connect with your body and engage in self-care. Whether you do yoga, use a foam roller, or just practice some basic neck stretches, it's all beneficial! Here are some good stretches to try.



Self-Care Tip of the Day: 3-19-20

Message a loved one or friend. We get so wrapped up in routine, work, family, and stressors. It can be easy to get overwhelmed and forget about our support systems of friends and family, or even feel alone and isolated. In the midst of the craziness of life, we need to connect with friends and loved ones and remember what is truly important. Take 5 minutes today to reach out to someone. It may be a quick call, a text, a social media comment, anything to connect with others.

Self-Care Tip of the Day: 3-20-20

Relax your shoulders. Most of us carry tension in our shoulders, and they can creep up during the day without even noticing. Progressive Muscle Relaxation is a great technique that helps you tune in to your tension and teach your body to recognize the difference between tense and relaxed muscles.

From your toes, all the way up to your head, squeeze each muscle group for the count of 5 and then release. Pay attention to how it feels when you release, and how nice the relaxed muscle feels! Spend 5 minutes each day doing this, and your body will thank you.

Self-Care Tip of the Day: 3-23-20

Moisturize. With all the extra hand washing, skin can easily become dry, itchy and even crack. Moisturizing can trigger the senses of smell, touch, and sight all at once and be a calming practice to use. Treat yourself to a yummy smelling hand cream or put a couple of drops of essential oil into a fragrance-free lotion. Take 3 minutes to slowly massage it into your hands, close your eyes and breathe it in. Lovely!

Self-Care Tip of the Day: 3-24-20

Drink 2 glasses of water. Not only does this take 5 minutes away from the computer or other grueling tasks, but it also has the added benefit of increasing your water intake for the day!

Do yourself a favor and turn this into a mindful exercise. Put everything down, go and get a glass of water and notice how it feels going down. Don't rush through, take your time to sip and just be. Repeat with another glass, and you've completed mindfulness along with having more water. Check and check!

Self-Care Tip of the Day: 3-25-20

Find your Mantra. A personal mantra is an affirmation to motivate and inspire you to be your best self. It is typically a positive phrase or statement that you use to affirm the way you want to live your life. The true value of a mantra comes when it is audible, visible, and in your thoughts. So, learn something from Stewart Smalley and speak up because you're good enough, you're smart enough, and doggonit, people like you! 😊
Some suggestions:

- I am strong and can handle anything that comes my way with grace.
- My life is awesome, and I have everything I need.
- I can achieve anything I set out to do.
- I am kind. I am helpful. I am at my best when I serve others.
- I got this!
- I am smart and able to accomplish my goals.
- Yes, I can!

Self-Care Tip of the Day: 3-26-20

Enjoy Spring Break! Everyone has worked so incredibly hard to adapt to our new (temporary – fingers crossed) normal. Even though your plans may have changed, commit to taking the whole week for yourself. Put your work away. Catch up on sleep if you need it. Work on a home project. Spend time doing a hobby that you love. Get outside – whether it's a hike or sitting on your porch, get your Vitamin D. Order takeout. Read that book you have been meaning to. Whatever it is, just take care of yourself, regroup, and have fun! If we have learned anything this past month, it is that life is precious so let's enjoy every minute! Happy Spring Break!

Self-Care Tip of the Day: 4-7-20

Proper nutrition is crucial to our well-being and during a time of crisis it is imperative that we practice healthy eating to stay at our optimal level. Check out [this article](#) on how to properly fuel your body and mind.

Self-Care Tip of the Day: 4-8-20

At this time, it can be difficult to see the light at the end of the tunnel. It can be helpful to have something to look forward to. Maybe it is something simple like going for a walk or hike in your favorite local place next week or planning to get take-out from your favorite restaurant and having a picnic. Or, maybe it is something bigger like going on that dream vacation 5 years from now. Whatever it is, make a plan, write it down, and post it where you see it every day! Some ideas could be:

1. Make a vision board or a dream book.
2. Write about it in **DETAIL** in your journal.
3. Create Pinterest boards full of your favorite quotes, travel destinations, or inspiring photos.

Self-Care Tip of the Day: 4-9-20

Listen to a fun or inspiring podcast. You can find countless podcasts on Spotify, Apple I-Tunes, Google, Pandora, etc.

Some Suggestions:

The One You Feed: <https://www.oneyoufeed.net/how-to-work-from-home/>

The Ziglar Show: <https://www.awarebc.com/>

Oprah's Super Soul: <http://www.oprah.com/app/supersoul-sunday-full-episodes.html>

Self-Care Tip of the Day: 4-10-20

Dance it out everywhere—down the hall, while you are cooking dinner, during a commercial break. Not only does dancing burn calories and boost your mood but it boasts multiple other health benefits, so *Dance Like Nobody is Watching!*



Self-Care Tip of the Day: 4-13-20

Make a list of all of the things that you love and appreciate about yourself. Self-care starts with Self-love. You need to feel like you are worth it. Sometimes it is hard to identify what we like about ourselves. Especially at this time, we may not feel at our best...no gym, no haircuts, no massages, no manicures, no lunch dates with friends. Not to mention, sweat pants Every. Single. Day. Is it important to feel good in our own skin? Absolutely! But, remember that our value comes from what's on the inside, talents, and abilities. Here are some examples of things that could be on your list:

1. Your ability to make others laugh when they need it
2. Your intuition
3. Your willingness to challenge yourself
4. Your eye for design
5. Your organizational skills
6. Your ability to smile even when things get hard
7. Your forgiving heart that gives someone a second chance
8. Your honesty
9. Your compassion
10. Your bravery
11. Your generosity
12. Your curiosity
13. Your open mind
14. Your humility
15. Your attitude
16. Your intelligence
17. Your commitment to your faith
18. Your taste in music
19. Your acceptance of others
20. Your appreciation of nature



Self-Care Tip of the Day: 4-14-20

Stay Connected: The COVID-19 outbreak has required us to change our daily habits. First and foremost, practice social distancing. But limiting physical interaction does not have to mean stopping social interaction altogether.

- Pick up the phone and call a close friend or family member for a heart-to-heart
- Host a virtual get-together...use Zoom, Teams, Facetime, etc.
- Email someone you haven't talked to in a while
- Write a letter and send it through the mail

Self-Care Tip of the Day: 4-15-20

Create a cozy space: Does your bedroom look the way you want it to? Do you have a little nook in your house that can be your retreat space? Try personalizing your room or space to help you get away whenever you need it. Try adding candles, fun throw pillows or decorate with calming colors. By building a space that feels warm and inviting, you establish a welcoming retreat for when tough times arise, and you need a sanctuary to escape from the day.

Self-Care Tip of the Day: 4-16-20

Do something artistic. A recent study suggests that cortisol (a stress-related hormone) lowers significantly after just 45 minutes of making art (Kaimal, Ray & Muniz, 2016). The medium does not matter. Talent level does not matter. So, pick up your colored pencils, chalk, paintbrush, markers, doodle pad, or collage supplies and give it a go!

Self-Care Tip of the Day: 4-17-20

Play with a pet. From giving unconditional love to providing companionship, pets can be hugely beneficial for our self-care. They can help reduce stress and feelings of anxiety and can even lower blood pressure. So, hook up the leash, play fetch or just snuggle. Animals have the ability to calm us down and make us smile. If you don't have a pet of your own, you can always watch [Funny Dog & Cat Videos](#) or watch animals virtually. Check out [Smithsonian Zoo Webcams](#) to watch Pandas, Elephants, Lions, and more. And if all else fails, watch the movie "The Secret Life of Pets" 😊

Self-Care Tip of the Day: 4-20-20

Roll it out. The benefits of foam rollers on the body are big. Foam rolling can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion. While stretching your muscles it also gives myofascial release to your body, which allows muscles to relax, improving blood and nutrient flow to the area. This speeds healing and muscle regrowth, and just makes you feel awesome! Foam rolling is a great addition to your warm-up and/or cool-down. If you don't have access to a foam roller, a tennis ball, rolled up towel with tape, or a pool noodle can also work.

Self-Care Tip of the Day: 4-21-20

Go cloud-watching. Do you remember being a kid and looking for shapes, animals, and pictures in the sky? Do you remember the feeling of peace and happiness that it brought? Find some time to get outside, lie on your back, relax, watch the clouds float by, and sink into yesteryear.

Self-Care Tip of the Day: 4-22-20

Take a Social Media Break. Social media has changed life as we know it. It has some awesome benefits, like allowing us to connect with others across the globe. But, does it really make you feel better to expose yourself to everyone's online versions of themselves? Often people will report on the best parts of their lives. It can be hard to remember that you may be comparing your entire life to everyone's highlight reels. Take the time to break away from social media and allow yourself to focus on the beauty of the moment.

Self-Care Tip of the Day: 4-23-20

Take a power nap. A short nap of 20 – 30 minutes is recommended to boost memory, cognitive skills, creativity, and energy level. A power nap provides significant benefit for improved alertness and performance without leaving you feeling groggy or interfering with normal nighttime sleep. A study by NASA found that a 26-minute nap was the “sweet spot” for a nap, improving alertness by 54% and performance by 34%.

Tips:

Make it quick. Set your alarm for 30 minutes or less. This is key if you don't want to wake up groggy!

Go dark. Nap in a dark room or wear an eye mask...blocking out light helps you fall asleep faster 😊

Stay warm. Keep a blanket nearby because your body temperature drops while you snooze.

Self-Care Tip of the Day: 4-24-20

Take a trip down memory lane. “Live in the moment.” “Look ahead to the future.” This advice is given often and while it is valuable, remembering our past comes with its own set of benefits. Looking back can bring a new awareness to the present while learning from past experience is also useful as we plan our future. Studies show that talking about your past also helps in the fight against dementia. So, grab that old yearbook, pick up the phone and talk to your parents or grandparents, go through old photos or scrapbooks, and let the wave of nostalgia wash over you. Reminiscing gives us all the feels 😊

Self-Care Tip of the Day: 4-27-20

Got 10 minutes to spare? How about trying a 10-minute body workout? No equipment needed! If you are like me, you are spending a lot of time sitting on your computer these days. How about setting a timer and getting your body moving throughout the day? Try [this workout by My Fitness Pal](#)

Self-Care Tip of the Day: 4-28-20

Volunteer for a cause that is meaningful to you. Scientific Benefits of Helping Others:

- Increases life expectancy
- Makes us happy
- Helps with chronic pain
- Lowers blood pressure
- Promotes positive behaviors
- Provides a sense of purpose and satisfaction

Although you may not be able to physically volunteer as you have in the past, there are many opportunities still available. Check out [Catchafire.org](#) to volunteer your skills virtually.

Self-Care Tip of the Day: 4-29-20

Walk in the grass with your bare feet. This is called “Grounding”. Grounding is just that, feeling a sense of being grounded to the earth and its positive energy. Research has shown barefoot contact with the earth can produce almost instant changes to physiological measures, such as, helping improve sleep, reduce pain, decrease muscle tension, and lower stress.

Self-Care Tip of the Day: 4-30-20

Refresh yourself with mindfulness. Take 3 minutes and have a mini-meditation session in the middle of your day: one minute of awareness of your thoughts, feelings, and sensations followed by one minute of concentrating on your breathing, and finally, one minute of concentrating on how the whole body feels.

Self-Care Tip of the Day: 5-1-20

Sometimes self-care is about slowing down and sometimes it is about letting off steam. In the spirit of letting off steam, allow yourself to cry, scream into a pillow, punch a stuffed animal, run like Phoebe in *Friends*, or yell-sing to your favorite song in the car. Don't worry about who is listening or what you look like, just let it all out!

Self-Care Tip of the Day: 5-4-20

Get up early and enjoy the quiet tranquility of the morning. Getting up even 10 minutes earlier than usual can be beneficial. Use this time to sit mindfully without distractions, set an intention for the day, meditate, write in a journal, visualize your best day, or simply just sit and be. By starting your day off with quiet and tranquility, you are inviting a sense of calm into your life and setting yourself up for a positive, productive day.

Self-Care Tip of the Day: 5-5-20

Worry list: Make a list of all the things that are worrying you and take a few minutes to take some deep calming breaths and visualize the best possible outcome to each situation. Worry can be an important tool to help us know when we need to act, but sometimes we get trapped in a cycle of worrying about things when it may be out of our control. For any stressful situation, imagine the best possible outcome. If that does not cure the worry, consider what you might do if the outcome is the worst-case scenario. In that way, you can turn the worry from a little “worry spiral” in your mind to a decisive action plan. This might not seem like self-care, but by alleviating the anxious noises inside our minds, we can be more peaceful and focus on what is most important in our lives.

I love the Guatemalan tradition of worry dolls: “WORRY DOLL LEGEND – There is a legend amongst the Highland Indian villages of Guatemala: “If you have a problem, then share it with a worry doll. Before going to bed, tell one worry to each doll, then place them beneath your pillow. Whilst you sleep, the dolls will take your worries away!”



Self-Care Tip of the Day: 5-6-20

Develop good sleep habits. Did you know that if you have good sleep habits your chance for dementia is reduced by 30%? Researchers do not know exactly how much sleep adults need, although some data suggests that 7-8 hours per 24-hour period is the ideal amount. The reality is that the amount of sleep required is very individual. Some people feel rested after 5 to 6 hours of sleep; others need 9-10 hours. Figure out what works best for you and stick to it. If you have trouble sleeping, try this:

“Sleep better with SHADES”

S -stick to a routine every day (yes, even on weekends)

H -hydrate (try drinking half your body weight in water each day)

A -avoid stimulants (stick to caffeine in the A.M. only)

D -darken the room (black-out curtains, eye masks, etc.)

E -eat 3 hours before bed (don't go to bed with a full stomach)

S -stay away from screens (60 minutes before bed)

Self-Care Tip of the Day: 5-7-20

Watch the sunset. Not only it is watching the sunset beautiful, but by allowing yourself to be captivated by it, you may gain emotional profits.

1. **It will put you in a better mood.** In general, people who feel connected with nature report being happier and having more positive emotions than those who don't share this connection. Research has shown that engagement with beauty has been associated with higher levels of life satisfaction, gratitude, spiritual outlook, and stress relief
2. **It gives you a reason to go outside.** It isn't called magic hour for no reason. Nature is fuel for the soul. Taking even 10 minutes out of your day to experience the breath-taking moments of a sunset will be worth it. Fresh air can make you feel refreshed and centered and somehow, make life seem a little bit better.
3. **It slows down time.** Many people will agree that the sunset's amazing colors hold the power to stop just about anyone in their tracks. When your attention is fully captivated by the awe-inspiring colors of the sky being painted right before your eyes, you are truly lost in the moment and time slows down.

Self-Care Tip of the Day: 5-8-20

Reminder that Mother's Day is this Sunday. Reach out and let the important women in your life know they have made a difference in yours. What does this have to do with self-care? Nothing, nada, zilch, zip, but it will be the most important thing you have done all week! 😊 Have a great weekend!

Self-Care Tip of the Day: 5-11-20

When working at home, it is tempting to roll out of bed and onto the computer. Showering and getting dressed before you start working is key. You'll feel more confident and focused. According to a study from Northwestern University, employees, no matter what profession they're in, perform tasks better when they wear clothes that have "symbolic meaning." Bonus: Looking well-groomed and presentable will save you from the hassle of rushing to get ready each time a video meeting comes up. Does this mean you can't dress comfortable while working at home? Nope. But, get out of the PJ's and put on something that makes you feel poised for success.

Self-Care Tip of the Day: 5-12-20

Think about a relaxing scenic image. Maybe it is someplace you have visited. Maybe it is from a book. Maybe a picture you have seen on the internet. Or, maybe it is simply from your imagination. Use all 5 of your senses to imagine what it would look, smell, sound, feel, and possibly taste like to be there. You may even try writing about it in your journal once you are done.

Self-Care Tip of the Day: 5-13-20

Did you know making other people feel good has lasting positive effects on your own life? So, smile. Say "Thank You." Compliment someone. Post something on social media that will put a smile on someone's face. Go out of your way to make someone's day. Positivity is contagious!

Self-Care Tip of the Day: May 14, 2020

You are amazing! You are appreciated! You are doing great things! You make a difference! You are allowed to take time for Self-Care! HANG IN THERE!!!



Self-Care Tip of the Day: 5-15-20

When life hands you lemons, make lemonade 😊 Lemons are high in Vitamin C and fiber and are responsible for several health benefits. Such benefits may include heart health, weight control, digestive health, improved kidney function, protection against anemia (iron deficiency), and reducing the risk of some cancers. So next time you feel like life is throwing lemons your way, how about you pick them up and make ACTUAL lemonade? Not only will you make a delicious, refreshing drink with health benefits, but you may even get out some of your frustration by squeezing the lemons!

Sugar Free Fresh Squeezed Lemonade

Servings: 4 servings

Ingredients

- 3/4 cup freshly squeezed lemon juice or the juice of 4 large lemons
- 3/4 cup Stevia In The Raw Bakers Bag
- 3 1/2 cups cold water
- Ice
- Optional: additional lemon slices

Instructions

1. Stir together the lemon juice and stevia. Add the water and fill the rest of the pitcher with ice and additional lemon slices. Pour into glasses. Enjoy!



Sugar Free Fresh Squeezed Lemonade <https://barefeetinthekitchen.com/sugar-free-lemonade-recipe/>

Self-Care Tip of the Day: 5-18-20

Do one thing today just because it makes you happy. 😊 It's funny how, sometimes we might think of self-care activities as “wasting time,” when in all actuality, they are the very activities that keep us going, ease stress, prevent burnout and make life a little easier!

Self-Care Tip of the Day: 5-19-20

Set boundaries. When you set boundaries, you are taking care of yourself by recognizing what you need and asking for it. Establishing boundaries is a great way to manage stress, promote well-being, and create healthy relationships.

The first step in setting boundaries is figuring out what you want, what's most important to you, and where you draw the line. Take some time to observe what gives you energy and what drains you, what brings you joy and satisfaction and what makes you feel annoyed or resentful. Recognize that every “yes” you say is a “no” to something else, something that might bring you more happiness. Are you making room in your life for the things that truly matter to you?

Often, we agree to do things out of obligation or just because we have no reason not to. If you don't yet feel comfortable saying the word “no,” or don't know what to say when someone springs something on you, try saying, “oh — that sounds good, but let me get back to you about it.” “Off the top of my head, I don't think I am busy, but let me get back to you...” This buys you time to figure out if it is something you truly want to do. If not, find your voice, say “no”, and get your life back.

Self-Care Tip of the Day: 5-20-20

Set a timer. During a webinar by former NFL player, Justin Tuck, he suggested setting a timer every hour to remind you to do something different. Whether that be a quick walk, stretch, jumping jacks, push-ups, etc...just get up and move your body. Not only will this help your physical well-being, but it is a fantastic way to give your brain a break so you can get back to work energized and with a fresh mind. If every hour doesn't work for you, find what does. Remember, self-care is individual!

Self-Care Tip of the Day: 5-21-20

At the core of mindfulness is the idea of being physically, mentally, and emotionally present with your feelings. It takes time and practice to learn to be with and accept your own feelings. Take some time to brainstorm a list of ways you can be more mindful. Consider including general ways such as yoga and meditation, as well as more specific ways such as “keeping track of what I eat using an app on my phone” or “make eye contact and actively listen when having a conversation”. Before you know it, you will have a plan in place and will be a master at being mindful!

Self-Care Tip of the Day: 5-22-20

Sleep in. Turn off the alarm and give yourself permission, WITHOUT GUILT, to sleep in. Listen to your body and let it sleep for as long it needs. Enjoy the long weekend!

Self-Care Tip of the Day: 5-26-20

Unplug! Plan to spend some time today disconnected from screen time...internet, computer, phone, television, video games, and any other artificial distractions. Even if it is just 15 minutes, commit to substituting that time with something beneficial. Some ideas to try are take a walk, read, meditate, journaling, talking with family members, or spend time on your favorite hobby. You may choose to try unplugging before bed which will give you a better chance at a good night's sleep. Consider making this a regular part of your daily self-care schedule.

Self-Care Tip of the Day: 5-27-20

Take a Photo Walk: A photo walk is a great self-care activity as it combines walking with mindfulness. Here are 5 ways you can improve your mood using this technique:

1. Connect with your surroundings – Feeling your feet connected to the ground gives balance of being stable yet free to explore, one step at a time.
2. Find beauty in the small things – Look at the individual petals of a flower or the dew on a blade of grass in the morning.
3. Feel lighter and less stressed – Walking has proven to lighten the load of stress and taking pictures as you walk gives you a sense of purpose and provides a distraction from letting your mind wander in the wrong direction.
4. Use pictures to change your mood – Look for things with bright colors or use the filters on your camera to change the look of something. Or look for things that make you happy. By searching out the positive, bright, happy objects, you will instantly boost your mood.
5. inspiration in a change of scenery - Sometimes we get too familiar with our immediate surroundings. Why not check out a different location? Try “downtown” or “Main Street” in your city or find a trail that you haven’t walked before. You may discover beauty in places or things that you didn’t think was possible.