Mrs. Wehrman
CP School Counselor

Winter Self Care Ideas

Practice Gratitude

Gratitude is connected to positive emotions. It promotes happiness and health and helps reduce stress. Ideas to try:

- ✓ Name 3-5 things you are thankful for today.
- ✓ Write down something that made you laugh today.
- ✓ Express gratitude! For example, write a thank you note to a friend, co-worker or family member.
- ✓ Look for good things and be grateful for them.
- ✓ Say thank you when you have the opportunity.
- ✓ Notice and appreciate things in nature.

Practicing gratitude is a great way to experience positive emotions! Work on this daily and before you know it, it'll be an automatic part of your day!

Be Mindful

Mindfulness allows us to practice and form habits that help us calm our bodies, utilize self-control, manage stress, and feel more in control when we encounter adversity. Ideas to try:

- ✓ Focus on your breath! Practice deep breathing. Take full inhalations and exhalations, in through your nose and out through your mouth.
- ✓ Try a yoga class.
- ✓ Create a gratitude journal and write what you're thankful for each day.
- ✓ Practice mediation. Start with 1 minute. Stick with it and add time as you go.

With the busy of life, mindfulness is a great gift to give ourselves! Stick with it. It takes a while to form these habits and they may not come easy at first, but the benefits are numerous!

Be Artsy

Art allows us to express ourselves and has a positive impact on mental health. It helps reduce stress and encourages relaxation. Ideas to try:

- ✓ Make a collage of images that describe you.
- ✓ Write your name on a piece of paper and draw or write positive words and phrases around it that describe you.
- ✓ Play and sculpt with clay.
- ✓ Create a journal and write, draw, and color in it!
- ✓ Paint a picture.
- ✓ Make art about a happy memory.

With the many benefits or art, it's great to add time in your schedule for coloring and creating! Have fun and enjoy the process!

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Get Outside

Being outside in nature affects our mood positively and helps reduce stress, regardless of the amount of time. Ideas to try:

- ✓ Prescribe yourself time outside! Literally write it as a must to take some time outside each day. Learn more at parkrxamerica.org
- ✓ Go for a walk or hike.
- ✓ Watch the sunset.
- ✓ Sit outside and take some deep breaths.
- ✓ Sit outside and listen to the sounds of nature.
- ✓ Read a book outside.
- ✓ Spend time doing yardwork or gardening.

Build outdoor time into your daily routine and you'll soon experience its many natural benefits.

Eat Healthy

Eating healthy contributes to self-care through supporting systems in our bodies that help us cope. Ideas to try:

- ✓ Take a few min each day or at the start of the week to plan your meals and snacks. This helps avoid grabbing less healthy foods throughout the day and week.
- ✓ Eat regularly throughout the day to avoid binge eating at points during the day. This helps stabilize your body's systems and hence, your energy levels and moods.
- ✓ Find a new recipe you'd like and try it.
- ✓ Learn new cooking skills.

Find what works for you and avoid judging yourself. Eating healthy and finding what works best is a journey!

Organize Something!

Getting organized can reduce stress and prepare you for other daily work. Ideas to try:

- ✓ Create a system and organize something you've been wanting to (e.g., closet, bookshelf, desk).
- ✓ Go through items such as clothing and donate things you no longer use (giving helps increase happiness!)
- ✓ Clean up an area of clutter.
- ✓ Create a to-do list for your week (remember to check off items as you complete them and enjoy the accomplishment!)

Find a system that works well for you, keep it simple, and give it time to become routine!