

Finding the Time for Self-Care



<p>Tell a joke</p> <p>Look at a photo of someone you love</p> <p>Give someone you know a compliment</p> <p>Take a few deep breaths Doodle</p> <p>Have a cup of tea or a cold drink</p> <p>Spend time with your pet</p> <p>If you have 2 minutes</p> <p>Look out the window</p> <p>Have a daydream Do some stretches</p>	<p>Play a game</p> <p>Read your favorite poem or quote</p> <p>Take a break outside for some fresh air</p> <p>Sing aloud Chat with a co-worker</p> <p>Massage your head or hands</p> <p>Check in with family or friends</p> <p>If you have 5 minutes</p> <p>Run in place or touch your toes</p> <p>Have a healthy snack Listen to music</p>
<p>Write in a journal Tidy your workspace</p> <p>Read something for pleasure</p> <p>If you have 10 minutes</p> <p>Talk to someone about a problem</p> <p>Take a brisk walk on your break</p> <p>Draw a picture Dance it out</p> <p>Watch a sunrise or sunset</p> <p>Take some alone time in a quiet spot</p> <p>Surf the web for inspiring quotes</p>	<p>Get a massage Write out your goals</p> <p>Eat lunch with a co-worker</p> <p>If you have 30 minutes</p> <p>Cook a meal from scratch</p> <p>Write a positive email to someone</p> <p>Explore a park Take a bubble bath</p> <p>Listen to your favorite album</p> <p>Practice yoga or mindfulness</p> <p>Read an inspiring story</p> <p>Discuss self-care with a colleague</p>

For more information, go to www.aliveandwellstl.com