



10 Self-Care Practices For the Mind, Body, & Soul

I get it, you're tired. You don't have time. But if you don't take the time, your body will find a way to get your attention – many times through illness. Here are some simple self-care practices that you can incorporate into your lifestyle.

1. Meditate / Pray first thing in the morning – Set an intention for how you want your day to flow. Starting your day off in this way allows you to center yourself for the whole day.
2. Exercise – Increases the flow of oxygen to the brain helping you feel more awake and energized. Even 15 minutes a day makes a difference.
3. Get some fresh air – Sunshine makes us feel happier. Even if there is no actual “sun”, the fresh air is invigorating.
4. Journal – Use a journal to get out the toxic thoughts in your head; you'll feel a sense of relief from not having to “carry” it around with you throughout the day.
5. Make one small change to your diet each week – For example, you can drink an extra glass of water or have an extra serving of veggies.
6. Take a bath once a week – Draw a bath, add some essential oils and light a candle to create your own personal Zen oasis.
7. Indulge in a massage / spa treatment – Schedule a massage once a month to release the tension in your muscles. We tend to hold a lot of stress in our neck and shoulders.
8. Dance! – You've heard the phrase: “Dance like no one's watching!” Put on some music and dance around the house or sign up for zumba or ball room dance classes. Plus, dancing is a great form of exercise!
9. Watch a funny movie or attend a comedy show – Laughter is healing and helps lighten your mood.
10. Splurge on a sweet gift for yourself – This action is a demonstration of love and kindness to your soul.