

Self Care Practices

When You're Out & About Feeling Overwhelmed:

1. Grounding Exercise – Do a quick 5-4-3-2-1 scan (name 5 things you see, 4 you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste).
2. Water & Breath Break – Sip water slowly and take three deep, intentional breaths.
3. Step Into Nature – Even 3 minutes with a tree, breeze, or sky can re-center your energy.
4. Soothing Touch – Place your hand on your heart and take 3 deep slow breathes or gently press your thumb into your palm for almost instant comfort.
5. Mantra or Affirmation – Repeat something like “I am safe all is well” quietly or silently.
6. Mini Walk – Change your environment, even briefly. Moving your body shifts your energy.

When You Have 15 Minutes:

1. Breathwork Reset – Try a simple 4-4-4 breathing technique to calm your nervous system.
2. Tea Ritual – Make a warm cup of herbal tea and drink it slowly, mindfully.
3. Journaling – Write freely about how you feel or use a simple prompt like, “What do I need right now?”
4. Stretch & Release – Do a few gentle yoga poses or neck/shoulder stretches to release tension.
5. Guided Meditation – Use a short audio for grounding or clarity.
6. Creative Moment – Doodle, paint, or write a few poetic lines—anything expressive, no pressure.