

Ideas for Self-Care

30-60 seconds fill ups:

These are great to use preventatively to avoid a meltdown.

- **Pause** – Just stop what you are doing. Stop moving, stop talking. Stop. Just stop.
- **Check in** - Notice and name sensations you are feeling in your body, i.e. “My neck is tight, my shoulders are hunched, my stomach is in knots, etc.” Consider stretching and / or massaging any areas of tension.
- **Admit** – Say out loud how you are feeling “I’m scared and I’m about to lose it!” “I’m feeling angry and I’m about to blow my stack!”
- **Breathe** – Breathe in slowly for a count of four to eight and out for a count of four to eight. Do this at least four times.
- **Make Space** – Pull your attention back and notice all the space around you.
- **Drink Water** – Stand up and drink a full glass of water slowly.
- **Look Around** – Say out loud ten objects you see around you, i.e. “green paint, yellow bowl, red rug, colorful painting...”
- **Go Outside** – Walk outside for a minute and breathe in the fresh air.
- **Make Contact** – If another adult or your children are around make eye contact and smile. If you are alone, look in the mirror and tell yourself you are safe and loved.
- **Give a Big Hug** – Give yourself a BIG hug. Pour love into you!
- **Set an Intention** – “I choose to feel (calm, content, loving, playful...)”
- **Add your own...**

10-30 minutes fill ups:

These are some suggestions for when you are feeling frustrated or on the edge of flipping your lid.

- **Unwind** – Take a hot shower or bath. Set a relaxing mood by adding epsom salt or essential oils.
- **Call a Friend** – Talk to an adult who can empathize and reflect with you and how you are feeling.
- **Make Tea or Coffee**– Make a cup of tea or coffee and sip it slowly.

- **Move** – Take a walk, do some yoga poses, do jumping jacks, run up and down the stairs, or other active movement while maintaining safe social distancing.
- **Eat** – Make a healthy and yummy snack and savor it.
- **Listen to Music** – Put on your favorite music. If you feel inspired, dance and / or sing!
- **Listen to a Podcast** – Listen to interesting interviews or learn about a new topic (For example, [NPR has many Podcast options](#) available).
- **Pray / Meditate** – Close your eyes, get still, and connect with your inner being.
- **Practice Gratitude** – Write down 3 things that you are grateful for today. Consider writing a handwritten thank you note to someone that you appreciate.
- **Create a schedule** -- Add some structure to your day by creating (and sticking to) a regular schedule. It’s helpful to maintain routines, including getting dressed for the work day.
- **Add your own...**

60 minutes or more:

These are some ideas for when you have time to maximize your “fill up” and / or you’ve been through a very emotionally and physically draining time.

- **Make a Date** – Dress up!! If you are quarantined with a partner, create an “at-home” date night or schedule a virtual hangout with friends and family. Play

- **Make a Date** – Dress up!! If you are quarantined with a partner, create an “at-home” date night or schedule a virtual hangout with friends and family. Play games, do a talent show, share fun movies or uplifting articles.
- **Exercise** – Take a walk while maintaining safe social distancing or participate in an online exercise class (yoga, dance, HIIT, etc.)- whatever brings you joy and gets you moving for at least an hour.
- **Watch a Movie / TV Show or Read** – Get lost in a great story.
- **Nap** – Sleep whenever you can and take a break.
- **Listen to a Concert** – Find a live concert or even DJ battles online (via YouTube, social media, or local organizations like the [Dallas Symphony Orchestra](#)). Make your home feel like a party!
- **Spend Time on a Hobby**- Continue practicing a hobby or learn a new one!
- **Dance** – Dance, dance, dance. Create a dance by yourself, with a partner, and / or your child(ren).
- **Create Art** – Tap into your inner artist and create something (draw, color, paint, write a poem or story, write / record a song, etc.)
- **Add your own...**

Adapted from: www.carriecontey.com