



Nourish yourself

So often it's the little things, like taking time to eat and hydrate adequately, that get missed when we are busy caring for others. These small acts help you cope with the stresses of everyday life.

Pause

Make sure to take time for yourself during the day, to listen to music, take a few deep breaths, meditate, write in a gratitude journal, do a few stretches, take a brisk walk or do some other activity that helps you feel restored.

Reflect

Be mindful of your thoughts and feelings, both positive and negative. Especially when life gets busy, what is important to you both personally and professionally. Your values and a sense of purpose help you focus on what is meaningful for you.

Be gentle

Pay attention to how you talk to yourself. Treat yourself with compassion and gentleness, as you would a dear friend. We all make mistakes. We all have tough things happen to us. Be gentle with yourself. You are doing your best.

Be committed

Commit to your self-care. Persist with this, even when life gets busy. Especially when life gets busy, trying a new skill or habit for 21 days in a row seems to increase the likelihood of maintaining a new practice. Having an accountability partner helps.

Journal about gratitude
Every night, write down three good things about your day. They don't have to be major. They might be as simple as a good meal, talking to a friend, or getting through a tough day.
W S Q I X L M R K H M ¼ G Y P X

Write a letter
Think about someone who has impacted you on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter to that person. Write a few details about what it is you appreciate about them, and send it.
L E W L E H E W M K R M ¼ G E R X M Q T E G X
P I X X I V S V I Q E M P [M X L W T I G M ¼ G

Visit someone you appreciate
Take the idea of a gratitude letter a step further and visit the person you'd like to thank. You can choose to deliver and read a gratitude letter, or visit and tell them you appreciate them.

Why Do I Appreciate You? by Dr. Robert Emmons, Ph.D. (© 2004)