31 Acts of Self-Care

FOR LIFE'S NOOKS AND CRANNIES

1. Find a motivating quote or mantra and tape it to your mirror.
2. Write a thank-you note. If you can't think of a recipient, write it to yourself.
3. Find a new book to spur your health goals; read in 10-minute increments.
4. Cut up fruits and veggies immediately at home, to have ready-made snacks.
5. Go outside alone to sit quietly and simply listen. Breathe, and notice.

6. At your next meal, eat slowly, tasting each bite and feeling each texture.
7. Spend 10 minutes reflecting on who God is, and on who you are.
8. Take a walk. Even if you don't have time for a full workout, just move.
9. The next time you're invited somewhere or asked to do something, pause.
10. Make a list of activities that help you feel your best. Schedule one.

11. Grab an extra moment in the car before/after driving; take 5 deep breaths.
12. Set daily encouragements to pop up as silent alarms on your smartphone.
13. Schedule time together with an encouraging, upbeat friend.
14. Take a 5-minute check in: What's missing in your life? What needs to go?
15. Record your favorite TV shows, so that you can go to bed on time.

16. Keep a Happy File of notes, letters, and articles, to refer to when needed.
17. Take a different route to work, school, or the grocery store.
18. Unplug for an hour by putting your phone on Airplane Mode.
19. Try something new - a hobby, skill. Start by researching where/how.
20. Practice a full day of Sabbath rest.

21. Create a connection with someone new while you're out and about.
22. Start a Gratitude List and review or add to it daily.
23. Edit your social media feeds to hide the Negative Nellies.
24. Pick one corner or drawer, and declutter it. Toss, or find a home for items.
25. Create a personal mission statement.

26. Take a 20-minute Power Nap.
27. List your God-given talents, gifts, and abilities. Enlist help if you need to.
28. Do a Body Scan or other mindfulness practice.
29. Create something beautiful - art, a flower bed, a batch of cookies.
30. Smile at every stranger you meet. It feels weird at first, but not for long.
31. Remember that "No" is a complete sentence.