

# PRACTICE SELF-CARE

*Try one of these and reflect on how you feel afterwards.*

## **FOR EXAMPLE, YOU CAN:**

---

### **1. Count to 10**

Close your eyes, breathe in and out, and slowly count to ten. If you get distracted and think of other things, gently redirect yourself, and start again at 1 until you count to 10 with a fully present mind.

### **2. Breathe**

Close your eyes, place your index finger gently in the space between your eyebrows. Slowly breathe in for a count of three. Hold for three, breath out for three. Do this three times.

### **3. Stretch / move**

Simple stretching exercises can help you get through your day feeling more energized and alert. During your next break, take some time to perform simple stretches to loosen up the tight muscles around your neck, back and shoulders.

### **4. Say a prayer**

If you are a religious person, stopping to say a short prayer or devotional can be a good way to come back to the moment and help alleviate stress.

### **5. Practice guided imagery**

For this technique, you conjure up soothing scenes, places, or experiences in your mind to help you relax and focus. You can find free apps and online recordings of calming scenes, or imagine them yourself. Make sure to choose imagery you find soothing and that has personal significance.

**Note:** *Rather than choosing just one technique, experts recommend trying several and see which one works best for you.*

## **What is one technique you plan to try to “Practice Self-Care”?**