



## **SELF-CARE PRIORITIES TOOLS** (Resources below are in green)

### **Joy!!**

- [Play History](#)

### **Personality**

- Introvert vs. Extrovert
  - [Quiet—The Power of Introverts in a World that Won't Stop Talking](#)

### **Physical**

- [Hydration Challenge](#)
- [Sleep Challenge](#)
- Stretching and position-reversals-- **Keep moving even when you feel bad!**
  - Apps (with rating)
    - Moova—Stand up and Move More (4.8)
    - Improve Your Posture—Improve your posture with 30 day exercise plans (no reviews yet)
    - Warm Up & Morning Workout (4.7)
    - 7 Min Office Workout (4.8)
    - Office Workout & Wellness—Exercises at Your Office Desk (4.4)
    - Office Yoga (no reviews yet)
    - 100 Office Workouts (4.5)
    - Burst Fitness (4.7)
    - Habitica—gamify good habits (4.7)
  - Burst Workout (Sean Foy)—the 4.3.2.1 Workout
    - 4 minutes of H.E.A.T. (High-Energy Aerobic Training)
      - 30 seconds of moderate activity +
      - 30 seconds of high-intensity activity +
      - 30 seconds of moderate activity + .....
      - Final 30 seconds—end with high-intensity—challenge yourself!
    - 3 minutes of resistance exercise
      - 60 seconds—as many reps as you can do of exercise 1
      - 60 seconds—as many reps as you can do of exercise 2
      - 60 seconds—as many reps as you can do of exercise 3
    - 2 minutes of core-strengthening
      - 60 seconds—as many repetitions as you can do of abdominal exercise
      - 60 seconds—as many repetitions as you can do of a back and/or hips exercise
    - 1 minute of stretching and deep breathing
  - Burst Fitness App (Denis Wilson, MD)



## **Mental/Cognitive**

- Mindfulness
  - **Everyday Mindfulness**
  - Kirtan Kriya Meditation (in Everyday Mindfulness handout)
  - Calm (subscription—has the largest library of meditations and sleep stories)
  - Smiling Mind (free—supported by donations)
  - Easy methods: Drive with Headspace on traffic app Waze, meditate in your car, meditate in a park on the way home,
- Brain Yoga—the only game app that is calming to the nervous system

## **Social**

- How wide is your support network? What are you ACTIVELY doing to cultivate it?
- Practice making friends (reconnecting is easier than starting over)
- The Little Book of Hygge

## **Financial**

- 11 Best Online Personal Finance Courses: <https://money.usnews.com/money/personal-finance/family-finance/articles/worthwhile-online-personal-finance-courses>



- 10 Best Budgeting Apps <https://robberger.com>



- Dave Ramsey workshop—focused on being debt-free

## **Emotional**

- Monitor your stress (Stress Infographic)
- Amygdala—decrease worry—We'll See Story (<https://www.youtube.com/watch?v=P3P7f0Zg9wk&t=4s>)
- Frontal Cortex ACTIVATION
- Gratitude Journaling with paper journal or a gratitude app (Gratitude Bookmark)
- Emotional contagion
  - Spend more time with people who lift your mood
  - Spend less time with people who drag you down



## **Environmental**

- Scents (adapted from the Calm journal)
  - Vanilla—nervous system calming
  - Rosemary—boosts recall by 75%! Decreases stress hormones (cortisol)
  - Jasmine—potent relaxing properties (mice stopped all activity and were quiet)
  - Lavender—improves sleep quality? (other studies say vanilla)
  - Citrus—decreases stress and increases concentration
  - Sandalwood—calming and sleep promoting properties
  - Peppermint—calms digestive system and is deeply relaxing
- Colors—have powerful effects on us.
  - Colors that promote calm are blue, green, and blue-grey
- Get rid of clutter! Clutter is worrying to most people
- Bring nature into your house by decorating with natural materials (pinecones, flowers if not allergic, wood, etc.—See Little Book of Hygge)

## **Professional—Decrease Burnout**

- What are you doing to care for your OWN work and career interests?
- Take the [Burnout Self-Test](#)
- [Transforming Work: The Five Keys To Achieving Trust, Commitment, And Passion In The Workplace \(New Perspectives in Organizational Learning, Performance, and Change\)](#) by Patricia Boverie and Michael Kroth
- [Journaling Method for Finding/Re-finding Meaning in Work](#)
- [The Burnout Workbook](#) by Emily Nagoski, PhD and Amelia Nagoski, DMA

## **Spiritual**

- Find a common faith group for community and support
- Being part of something greater than yourself: [Building a cathedral](#) story from JFK