

## Happy/Wet Brain

“A wet brain...is...a brain with a faucet, turned on and open, [producing its own] pain medication, endorphins and other chemicals [that help us feel good]...the world’s most sophisticated and powerful pharmacy is in your brain.”

—Adriann Louw

“Take time to do what makes your soul happy.” —*Unknown*

“It was when I stopped searching for a home within others, and lifted the foundations of home within myself, I found there were no roots more intimate than those between a mind and body that have decided to be whole.” —

*Rupi Kaur*

“When you recover or discover something that nourishes your soul and brings you joy, care enough about yourself to make room for it in your life.” —*Jean Shinoda Boden*

Do at least one pleasurable activity every day!

Look for opportunities to laugh!

Listen to music you enjoy

Journaling, particularly gratitude journaling

Make room in your schedule for learning something new (pottery, a language, a hobby, an instrument, etc.)

Scratch a “lurker” off your to-do list—something that’s been there for a long time and you’ll never do

Change up the way you make decisions. Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head

Create a deliberate habit by doing something small the same each day (what you wear on Tuesdays, the order in which you floss your teeth, etc.)

Fix a small annoyance at home that’s been nagging you (a lost button, a drawer that’s stuck, a light bulb that’s gone out)

Get to know yourself intimately. Look lovingly and without judgment at yourself in the mirror, and make sure you get to know all of you!

Have a good laugh

Imagine you’re your best friend. If you were, what would you tell yourself right now? Look in the mirror and say it.

Use your commute for a “Beauty Scavenger Hunt.” Find five unexpected beautiful things on your way to work.

Check in with your emotions: sit quietly and just name without judging what you’re feeling

Exercise a signature strength. Think about what you’re good at, and find an opportunity for it today

Keep a conscious mind when taking care of yourself—if you don’t see something as self-care it won’t work as such.

<http://www.fgwrc.ca/uploads/ck/files/Resources/Factsheets/FactSheetSelfCare.pdf>

<https://psychcentral.com/blog/archives/2016/08/10/what-self-care-is-and-what-it-isnt-2/>

<https://tinybuddha.com/blog/45-simple-self-care-practices-for-a-healthy-mind-body-and-soul/>

<http://www.npr.org/2017/06/04/531051473/the-millennial-obsession-with-self-care>