

Rest, Quiet

“You have permission to rest. You are not responsible to fixing everything that is broken. You do not have to try to make everyone happy. For now, take time for you. It’s time to replenish.” —*Unknown*

“It is inner stillness that will save and transform the world.” —*Eckhart Tolle*

“The best cure for the body is a quiet mind.” —*Napoleon Bonaparte*

Make room in your life periodically for a nap

Listen to music you enjoy

Try a calming yoga class

Journal in a gratitude journal

Read a good book recommended by a friend

Take the long, scenic way home

Schedule five minutes of “play” (non-planned activity) several times throughout your day

Divide your day with a mini-meditation: one minute awareness of thoughts, one minute body scan, one minute of gratitude, one minute of breathing, etc.

Unplug for an hour: switch everything to airplane mode and be free of the constant interruptions of social media and email

Be still. Sit somewhere green and be quiet for a few minutes

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

Write out your thoughts. Go for fifteen minutes on anything that is bothering you. Then let it go as you shred and throw away the paper.

Have a self-date. Spend an hour alone doing something that nourishes you (reading, a hobby, visiting a museum or gallery, etc.)

Plan a two-day holiday for an upcoming weekend. Turn off your phone, tell people you’ll be away, and then do something new in your own town.

<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>