

SELF—CARE

Ideas to support well-being in times of uncertainty

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- Breathe deeply for calm and centeredness. Breathe in your nose and out your mouth. Letting this serve as a release of stress, tension and worry from your body and mind.
- Tapping (EFT).
- Move it move it!! Move some more. If you aren't able to workout walk around the house or neighborhood, dance, do a work out video on-line. Movement is so important for managing stress and moving out what is not yours that you may have absorbed.
- Dance!! I am mentioned it again because it can shift your mood quickly and is fun. We need more fun right now.
- Mindfulness: While you are washing your hands, repeatedly at this time, practice being very present to the sensations. Perhaps offer up an intention that all beings be healthy or repeat uplifting affirmations. Practice presence in other areas too.
- Talk to a friend or family member that is uplifting and supportive.
- Journal.
- Humor: Share jokes, read or tell funny stories.
- Soak up all the goodness and kindness that people, businesses and organizations are providing. There is such generosity being offered. Tune into it and let it nourish you.
- Keep your routines as much as possible with regular bedtimes, meals, and rituals.

- Yoga/Tai Chi/Qi Gong.
- Do art.
- Make or listen to music you love.
- Take a break from social media and the news.
- Talk a walk.
- Prayer.
- Sit in the sunshine.
- Use this time to think and plan for your future.
- Cuddles with loved ones and pets.
- Garden/Nature time.
- Play a fun game.
- Read a great book.
- Watch or rewatch a movie you've wanted to watch for a long time.
- Learn something new.
- Meditate (it doesn't have to be for a long time even a few minutes can calm and soothe you).
- Organize your home/declutter. Sometimes outer calm can help you feel calmer inside.
- Stay hydrated.
- Reach out to another. Research shows that when we show kindness to another it boosts our immune system. How cool is that? We are designed for kindness as an aspect of wellness.
 - *Donate to a food bank.
 - *Call an older person to check on them.
 - *Prepay for services for service oriented that may be hit hard financially right now like restaurants, hair stylists, etc.)
- What's your favorite self-care? Please email me if you'd like to share at Julie@SacredHealingPath.com
- Practice gratitude.

I am grateful for you!!~Julie