

Self Care EVERYDAY

AS YOU COME TO UNDERSTAND THE CONNECTION BETWEEN YOUR MIND AND BODY MORE DEEPLY, AND HOW TRAUMA AFFECTS YOUR HEALTH AND WELL-BEING, EVERY DAY IS AN OPPORTUNITY TO RETHINK HOW YOU CARE FOR YOUR BODY AND YOURSELF. HERE ARE SOME IDEAS, FEEL FREE TO ALSO ADD YOUR OWN BELOW.

NOTES:

CURRENT ACTIVITY	CURRENT FREQUENCY	GOAL FREQUENCY

MEDITATION | BREATHWORK

MINDFULNESS | SPIRITUAL PRACTICES

HOBBIES | PROJECTS

SLEEP | SLEEPING IN | SLEEPING EARLY

HEALTHY EATING | MEAL PREPPING

EXERCISE (YOGA, HIKING, HOME WORKOUTS, ETC.)

BATHS | COLD PLUNGES

HEATING PADS | WEIGHTED BLANKETS

CANDLES OR DIFFUSERS | AROMATHERAPY

CLEANING & ORGANIZING

BEING OUTDOORS | VISITING THE OCEAN

THERAPY | SUPPORT GROUPS

COLORING | PAINTING

KNITTING | SEWING

MORNING OR EVENING WALKS

COOKING | BAKING

SELF-PAMPERING | MASSAGE

LISTENING TO OR PLAYING MUSIC

DANCE | MOVEMENT

READING | LEARNING | WEBINARS

SOCIAL CONNECTION | BEING WITH LOVED ONES

SPENDING TIME WITH PETS

BEING OF SERVICE TO OTHERS