

Self-Care

*A moment of self-compassion can
change your entire day.*

*A string of such moments can change
the course of your life.*

Christopher Germer PhD, Clinical Psychologist





Self-Care During a Busy Season

- Set an intention for your day, and check in with it as you go through your day
- Practice Self-Compassion - Acknowledge there is some kind of struggle or suffering taking place, next - Ask yourself - *What would a friend say to me right now in this situation?* Can you give yourself some grace and understanding?
- Stretch your body
- Drink water, add lemon and mint if you like
- Roll with a Foam Core Roller
- Walk- Outside/Indoor track/Mall
- Schedule a massage for next week
- Pray, sit in silence, open yourself to higher wisdom
- Pick up a book and put down the phone in bed
- Gratitude list - Someone I'm grateful for in my life today, Something I'm grateful for, An event I'm grateful
- Plan your bedtimes for this week
- Allow somethings to be good enough rather than perfect
- Write your name at the top of every to do list you create so you don't forget about YOU! Notice what you feel when you see your name



Self-Care During a Busy Season continued

- Schedule 1 day off in Dec. or Jan. devoted to connecting to yourself
- Remember, the holidays may not bring out the best in you every day.
- Sing and dance
- Take a nap
- If you normally schedule meetings for 60 minutes - schedule for 45 this month. Give yourself and your team the gift of time
- Exercise - Jumping Jacks, Bent Knee touches

Consider 3 items from this list that you'll do this week ♥

Wishing you and your family a meaningful holiday season.

Susie Gray Holden, Wellness Coach

Premise Health

Notre Dame Wellness Center