

USING A FEW MINUTES FOR SELF CARE

what can I do?

two minutes

- Breathe
- Stretch
- Daydream
- Take your stress temperature
- Laugh
- Doodle
- Acknowledge one of your accomplishments
- Say no to a new responsibility
- Compliment yourself
- Look out the window
- Spend time with your pet
- Share a favourite joke

five minutes

- Listen to music
- Have a cleansing cry
- Chat with a co-worker
- Sing out loud
- Jot down dreams
- Step outside for fresh air
- Enjoy a snack or make a hot drink

ten minutes

- Evaluate your day
- Write in a journal
- Call a friend
- Meditate
- Tidy your work area
- Assess your self-care
- Draw a picture
- Dance
- Listen to soothing sounds
- Surf the web
- Read a magazine



thirty minutes

- Get a massage
- Exercise
- Eat lunch with a co-worker
- Take a bubble bath
- Read non-work related literature
- Spend time in nature
- Go shopping
- Practice yoga
- Watch your favourite television show

taste

- Green tea
- Chocolate
- Mango
- Gum
- Crunchy snack
- Vege soup
- Milk
- Oatmeal
- Celery
- Bananas
- Nuts & seeds
- Eggs

smell

- Lavender
- Eucalyptus
- Peppermint
- Green apple
- Coconut

sounds

- Leaves
- Water
- Stream
- Seaside
- Fireplace
- Summer night
- Rain
- Thunder
- Wind
- Forest
- Coffee shop
- Train
- Fan
- White noise

touch

- Playdough
- Soft objects
- Stress-relief magnets
- Stress balls
- Tactile beads
- Wood, metal etc
- Rubber bands
- Rubbing stones
- Beanbags
- Kneading eraser

sight

- Use your favourite colour
- Wallet sized picture of someone/thing you enjoy
- Landscapes
- Baby animals
- Funny photos
- Pictures
- Blowing bubbles
- Positive affirmations