



# PRACTICAL SELF CARE 101



## LET US PLAN, GRASSHOPPER...

Take some time to look at the **entire week ahead**. It eliminates the "**shoulds**" and last minute panic when that appointment we forgot about comes up.



### #AllShouldsMustDie

- Get the jump on what needs to be done
- Plan in practical self care in 15 minute segments

## GO SCREENLESS!

When your energy is dragging, get away from your screen for 15 minutes.



- Taking a short walk is great, but you don't have to. Just looking out a window will help.
- Dance, hit a punching bag, stand on your head. But do something!

## CYCLUS INTERRUPTUS

Loop thinking sucks. Let's bust this cycle together.

- Locate the physical symptom
- Deep breath in, hold for a 5 count, let it out (3x)
- Continue deep breathing WHILE letting those worst case scenarios flow. All of them.
- Thank your brain for attempting to protect you from (fill in the blank), and get on with your life.



**SENSEI SAYS: FOR FURTHER RESEARCH ON THE RELAXATION RESPONSE, CHECK OUT THE BOOK BY HERBERT BENSON MD.**

