

self-care

daily activities that will help put you in control

Daily activities that help put YOU in control of mind, body, & spirit... leading to reduced stress and a healthier & happier life.



Exercise at least 5 times a week for at 30 minutes.
Walking, cycling, weight lifting, participate in a sport.

Sleep.
Create a regular sleep schedule; limit screen time, activity, and alcohol before bed.

Nutrition-
what you put into your body, a balance diet with appropriate calorie intake

Know YOUR health, what you need, how to take care of your health, and where to get information.

Risk Avoidance:
limit alcohol, stop tobacco & other drug use, get vaccinated, use sunscreen, wear a seatbelt.



Mindfulness.
Practice 10 minutes of mindfulness daily; add moments during the day as needed.

Create boundaries.
Say "no" when it doesn't align with your values or what you feel is important.

Schedule a Digital Detox.
Set two hours with no phone, computer, TV, or screen time; work to increase time to one full day a week.

Socialize.
Build relationships with people who make you feel safe and understood. You decide who to include and exclude.

Maintain a sense of humor.
Add laughter to each day.



Positive Journaling.
Daily find something you are grateful for. Use an online app, paper, or bullet journal.

Social media cleanse
Unfollow or mute toxic people on social media.

Practice breathing techniques.
Inhale to count of 5, exhale to count of 5; repeat. Try other techniques as well.

Practice forgiveness and acceptance.
Rid yourself of negative feelings, then don't return to them.

Get a pet.
Dogs can offer great emotional support, while adding meaning and purpose.



Meditation or Prayer,
the practice of focused concentration. With a group, or use an app to guide you through the practice.

Practice gratitude.
Express appreciation in writing through letter, text, or words. Use a gratitude journal or app to record positive thoughts.

Connect with nature.
Spend a minimum of 20-30 minutes outdoors, 3 times a week, taking in sights, sounds, and smells of the outdoors.

Attend religious or spiritual events.
Church services, in person or virtual, allow time to think outside yourself.

Sing, read or listen daily to inspirational messages.



Socialize.
Connect with people who are supportive and whose company you enjoy.

Find a creative outlet--
writing, drawing, painting, crafts, photography, music, woodworking.. any way to express your creativity

Volunteer.
Not work related; choose a cause you believe in, something you enjoy, or just a diversion.

Get into a hobby.
Do any activity you enjoy. Examples: fishing, gardening, reading, bird watching, cooking

Be part of a community.
Join a group that matches your interests, values, or beliefs.

Start with one activity, then keep adding others. Through daily practice see reduced stress and enhanced well being.
For more information and links to apps for activities, go to stretchedcounselor.com