

Finding the Time for Self Care



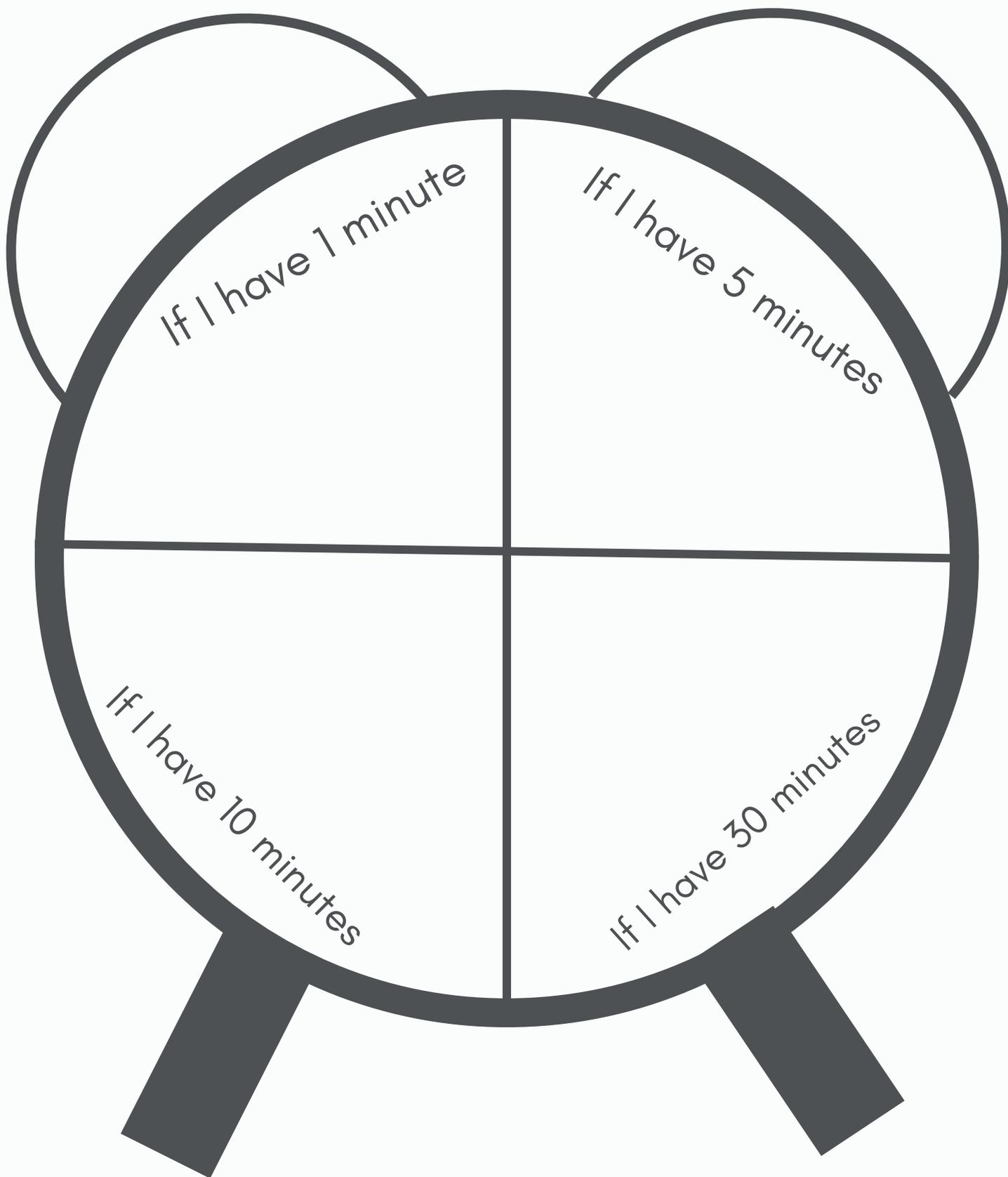
Time can be the most challenging aspect of self-care. A way to start incorporating more self-care is to break it down, finding small moments of one's day to "de-stress" and meet one's needs!

For example, taking 2 minutes, you can complete some deep breathing, grab a tea or coffee, or complete a stretch. Even starting with just moments can have a positive effect on our overall health and wellness.

Self-care does not have to be time-consuming activities but can be simple, manageable activities that you enjoy.

One way to find time for self-care is to have a visual schedule and take a moment to focus on small moments you can take care of yourself. On the next page is a clock timer visual that you can fill out or use to help manage small amounts of time for self-care

Finding the Time for Self Care



Finding the Time for Self Care



2 Minutes

- Look at a photo of a loved one
 - Add a photo to the backdrop of your phone to look at
- Stretch
- Stand barefoot outside in the grass
- Grab a cup of tea
- Complete some deep breaths
- Checking in with yourself



5 Minutes

- Listen to 5 minute breathing video on youtube
- Play a game
 - Ex. Wordle
- Stretching
- Check in with a friend/family
- Singing/Dancing
- Bird watching out your window



10 Minutes

- 10 minutes of movement
- Tidy up a work space
- Writing an email
- Read one chapter



30 Minutes

- Walk
- Take a bath/shower
- Practice yoga
- Complete a puzzle