

# SELF-CARE TOOLKIT



Taking the time and effort to nourish and care for yourself is one of the most generous things you can do for you and those around you. When you feel well-cared for, you can provide sustainable care for others.

Self-care fosters confidence, aids in stress management, and enhances your physical and emotional well-being. Included in this toolkit, you'll find ideas, talks, and practices that fit into your busy life and help reinvigorate the ways in which you care for yourself.

## Lines as Leisure

The next time you find yourself waiting in a line, stalled in traffic, or stuck at a stoplight, check-in with yourself. Instead of pulling out your phone to scroll aimlessly, check emails, and send texts - draw your attention inward. Notice your posture, your breath.

## The Beginners Guide To Recognizing Negative Thinking

Persistent pessimism can hold you back from life's big and wonderful experiences. Psychotherapist and writer Amy Morin lays out a simple way to identify and shift negative thought patterns for good.

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## 4-7-8 Breath

This breath pattern is employed to help trigger the parasympathetic nervous system, which aids the "rest and digest" functions of the body. It is cited to reduce stress, anxiety, and increase sleep.

How to do it:

1. Take a comfortable seat.
2. Place the tip of the tongue on the tissue right behind the top front teeth.
3. Exhale and empty the lungs of air.
4. Breathe in quietly through the nose for four seconds.
5. Hold the breath for a count of eight.
6. Exhale for a count of eight.
7. Repeat.

## The Habits of Happiness



What is happiness, and can everyone be happy? Biochemist turned Buddhist monk Matthieu Ricard says we can train our minds in habits of well-being, to generate a true sense of serenity and fulfillment.

## The Art of Attention

Several times a day, do you notice when you switch into autopilot? In those moments, bring your awareness to your body instead of your thoughts. Feel your feet on the ground. Notice your posture. Can you relax the hands for just a moment? Bring your awareness to your breath. How is the quality of your inhale and your exhale? Now, bring your awareness back to the task at hand.

You've got this!

## Four Healthy Tips For A Better Night's Sleep

Sleep is an essential part of healthy brain and body functioning. Powering through the days on little or no sleep can be severely detrimental to your mental, emotional, and physical health. Try these to jumpstart your night of zzzzzzz's

1. Take some deep breaths before bed. Deep breathing triggers the body's relaxation response.
2. Ban the blue light from laptops an hour or two before bedtime. Blue light has been shown to lower levels of melatonin, a natural hormone that makes us feel sleepy. If you can't power down your devices, turn on the night shift setting on your devices.
3. Exercise for at least 30 minutes a day, 5 times a week. Studies show that simple physical activity, like walking, can help people with insomnia get to sleep faster.
4. Cool down the bedroom. Keeping the bedroom temperature below 67 degrees will help cool the body down, a natural trigger to let your body know it's time to rest.



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