



## 8 Self-Care Activities

1) **Feel, Hear, and See 3 Things:** Connecting to your senses is a great way to ground yourself in the present moment, clear your head and calm down. Begin by closing your eyes and taking 3 deep breaths. Then using your sense of touch, feel 3 things in that moment, such as feeling your feet on the floor or the feel of the sweater you are wearing. Next, using your sense of hearing, listen for 3 things that you hear in that moment. And finally, open your eyes, and using your sense of sight, see 3 things in that moment.

2) **Breathing exercises** are very calming to our mind and body and have many health benefits. Begin HA breathing by breathing in deeply through your nose and expanding your belly at the same time. As you breathe out through your mouth, say the word HA. Do this three times, or as many times as you wish.

3) **4, 7, 8 breathing** begins by breathing in through your nose to the count of 4, then holding your breath to the count of 7, and then breathing out through your mouth to the count of 8. Do this 4 times in a row.

4) **Alternate-Nostril Breathing:** Taking your right hand, close off your right nostril with your thumb and breathe in through your left nostril. Then take your right ring finger and close off your left nostril as you breathe out through your right nostril. Then breathe in through your right nostril, close it off with your thumb and then breathe out through your left nostril. Then breathe in through your left nostril, close it off with your ring finger and exhale through your right nostril. Repeat.

5) **Breathing with a Mantra:** Close your eyes, and as you breathe in deeply through your nose, say a word or a phrase that is personally meaningful to you such as love, peace, gratitude. Be creative and change them around.

6) **SA, TA, NA, MA:** With your eyes either open or closed, touch your pointer fingers to your thumbs of both hands and say SA. Then touch your middle fingers to your thumbs and say TA. Then touch your ring fingers to your thumbs and say Na, and finally, touch your pinkie fingers to your thumbs and say Ma. During the first cycle, say the words aloud, then the second time, say them in a whisper, and then say them silently to yourself.

7) **Five-Finger Exercise:** Using either your right or left hand, close your eyes and touch your pointer finger to your thumb and think of a time when someone did something special for you. Now touch your middle finger to your thumb and think of a time when you did something special for someone else. Now touch your ring finger to your thumb and think of a time when you were really proud of yourself. Now, finally, touch pinkie finger to your thumb and think of something or someone you are currently grateful for.

8) **Heart and Belly Hands:** Place one hand on your chest/heart area and one hand on your belly, and take slow, deep breaths. Do this for however long feels comfortable to you. You can do it in a seated or lying down position.



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