

14 Self-Care Reminders – Let’s Keep the Revolution Healthy

1. Use your integrity as your guide. Value yourself with respectful self-talk, wiggle-room and compassion.
2. Slow down. Take deep slow breaths: three sets of three: 5 seconds on inhale and 7 seconds on exhale.
3. Check-in and greet your body. Rub your arms, legs, hands, forehead, and base of your skull, shoulders.
4. Use your 8 senses to orient yourself to your surroundings and to get grounded: hear, touch, taste, see, and smell. Plus, these 3: note your body’s physical needs, your body in relation to gravity & the connectedness of your body’s parts.
5. Do you need to: Hydrate? Eat? Sleep? Rest? Stretch your body? Pee? Make some alone time to meditate, pray or just be? Tend to life maintenance details? Tend to relationships? Say no? Say yes?
6. Do you need to debrief? Need a safe physical way to release intense energy or anger? Need to cry? To grieve? To yell?
7. Take a break from the news and social media...a meaningful break...yes, put your phone away for a while.
8. Get real about what you have control or influence over & what you do not. Problem-solve creatively.
9. Take physical & mental space away from your work, planning, organizing and volunteering.
10. Connect with your “kindreds” for fun and solace. Don’t isolate. Schedule regular check-ins with your people.
11. Do something you enjoy...listen to music, doodle, run, write, chat with your neighbor.
12. Be in or imagine nature. Picture one creature, plant or wonder of nature that you appreciate.
13. Anxious, afraid, depressed? Medicating? Admit when you need help. Get a referral from a trusted ally.
14. Unabashedly remind yourself: “I am an amazing, worthy, important, unique & lovely human being.” © Irene Greene / www.irenegreene.com