

Self-Care in Daily Life

One way to help with understanding and managing stress is to be mindful and to create moments of self-care in your daily life. That means to (1) know when you're under stress or suffering (mindfulness) and (2) to respond with care and kindness. The simplest approach is to discover how you already care for yourself, and then remind yourself to do those things when your life becomes difficult.

PHYSICALLY

How do you care for yourself physically (e.g., exercise, massage, warm bath, cup of tea)?

Can you think of new ways to release the tension and stress that builds up in your body?

MENTALLY

How do you care for your mind, especially when you're under stress (e.g., meditation, watch a funny movie, read an inspiring book)?

Is there a new strategy you'd like to try to let your thoughts come and go more easily?

EMOTIONALLY

How do you care for yourself emotionally (journal, cook)?

Is there something new you'd like to try?

RELATIONALLY

How or when do you relate to others that brings you genuine happiness (e.g., meet with friends, send a birthday card, play a game)?

Is there any way that you'd like to enrich these connections?

SPIRITUALLY

What do you do to care for yourself spiritually (pray, walk in the woods, help others)?

If you've been neglecting your spiritual side, is there anything you'd like to remember to do?
