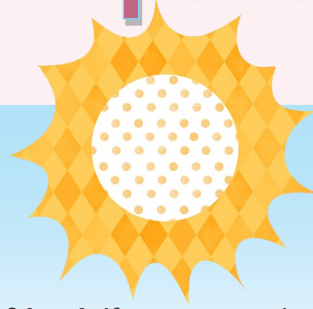


Self Care Tips for the Soul



- 1. Imagine you're your best friend.** If you were, what would you tell yourself right now? Look in the mirror and say it.
- 2. Use your commute for a "Beauty Scavenger Hunt."** Find five unexpected beautiful things on your way to work.
- 3. Help someone.** Carry a bag, open a door, or pick up an extra carton of milk for a neighbor.
- 4. Check in with your emotions.** Sit quietly and just name without judgment what you're feeling.
- 5. Write out your thoughts.** Go for fifteen minutes on anything bothering you. Then let it go as you burn or bin the paper.
- 6. Choose who you spend your time with today.** Hang out with "Radiators" who emit enthusiasm and positivity, and not "Drains" whose pessimism and negativity robs energy.
- 7. Stroke a pet.** If you don't have one, go to the park and find one. (Ask first!)
- 8. Get positive feedback.** Ask three good friends to tell you what they love about you.
- 9. Make a small connection.** Have a few sentences of conversation with someone in customer service such as a sales assistant or barista.
- 10. Splurge a little.** Buy a small luxury as a way of valuing yourself.
- 11. Have a self-date.** Spend an hour alone doing something that nourishes you (reading, your hobby, visiting a museum or gallery, etc.)
- 12. Exercise a signature strength.** Think about what you're good at, and find an opportunity for it today.
- 13. Take a home spa.** Have a long bath or shower, sit around in your bathrobe, and read magazines.
- 14. Ask for help**—big or small, but reach out.
- 15. Plan a two-day holiday for next weekend.** Turn off your phone, tell people you'll be away, and then do something new in your own town.

