

Time Limited Self-Care Activities

30 minutes

- Exercise
- Eat lunch with a co-worker
- Take a bubble bath/hot shower
- Read non-work related literature
- Spend time in nature
- Practice yoga
- Enjoy a snack or make a cup of coffee/tea
- Watch your favorite television show
- Work on a puzzle
- Play a game
- Take a walk, get outside
- Mindfully watch a 20-30 minute show you enjoy
- Call a friend/family member (replenishing)
- Plan a vacation (or extended break) in the near future

10 minutes

- Evaluate your day
- Write in a journal
- Call a friend just to say hello
- Meditate
- Tidy your work area
- Assess your self-care
- Draw a picture, color
- Dance
- Listen to soothing sounds, music
- Surf the web
- Read a magazine, poem, interesting article
- Do a few reps of exercise
- Do part of a puzzle
- Write down 5-10 things you are a) grateful for OR b) that went well this week/last week, OR c) you like about yourself

5 minutes

- Listen to a favorite song
- Chat with a co-worker

- Sing out loud
- Jot down dreams
- Step outside for fresh air
- Watch a funny Youtube clip
- Text a friend
- Engage in a short meditation (Headspace, MyLife, Calm app)
- Make a brief gratitude list
- Write out a pleasant memory
- Consider something kind you can do for yourself this evening

2 minutes

- Breathe
- Stretch
- Daydream
- Laugh
- Doodle
- Acknowledge one of your accomplishments
- Complement yourself
- Look out the window
- Hug your pet
- Look at a few favorite photos
- Share a favorite joke
- Do a few jumping jacks
- Make a soothing beverage before next meeting
- Tense (5 seconds) and then relax all of the muscles in your body for 30-60 seconds, then repeat once more

Add your own ideas:

Additional Skills and Resources

1. Paced-breathing: Breathe in slowly for about 4 seconds and out for 6 seconds repeatedly for about 5 minutes. If this pace is not right for you, modify it. The goal is deep, slow breaths that engage your belly. Use Breathe2Relax app if desired.
2. Progressive Muscle Relaxation: Tense muscles for about 5 second and then release and relax them. Repeat 2-3 times. If you are short on time you can do this with your whole body. If you have more time consider smaller muscle groups and move slowly from the toes to the head. You can make this practice last 3 minutes to 45 minutes depending on number of repetitions and the size of the muscle groups you pick. You can find many Youtube clips to lead you through this if you prefer.
3. Engage in exercise
 - a. Run in place, do jumping jacks, or another intense exercise *as hard as you can* for 1-2 minutes (for intense emotions)
 - b. Engage in your favorite form of exercise (regularly)
4. Listen to music that provokes a different emotion than the one or two you most struggle with. For example, if you often struggle with sadness, pick something energizing, “dancey”, or even loud and intense. List three below that you can use for those moments.
 - a.
 - b.
 - c.
5. Do something that gives you a sense of happiness or peace (List 3 below)
 - a.
 - b.
 - c.
6. Soothe yourself by attending to your 5 senses. For example, for vision, you can look at art, favorite photos, out a window or at a flower. For smell, you could breathe in a candle, a warm beverage, an essential oil, or another favorite scent. For touch you may choose a fidget toy, stress ball, fuzzy blanket or sweater, or a soothing lotion. Consider making a list of things you could use for touch, taste, smell, vision, and hearing. Perhaps it could be helpful to even collect a few to keep at your desk or in another accessible location.
7. As best you can, each day try to engage in at least one pleasant activity, one activity that gives you a sense of competence/mastery, and one activity that fits with your values and helps you toward your long-term goals. Consider making a list of these activities so that you can refer to them easily in the future. Consider ways you might engage in these activities on your busiest days when you may only have 5-30 minutes per activity. Consider also listing some more ways you could engage in these activities if you have more time.
8. Use a meditation app or recording to help center yourself. If possible, be open to trying multiple kinds—you never know that will work best for you!
 - a. Examples: MyLife (previously Stop.Breathe.Think) app; Calm app; Headspace app
 - b. <https://self-compassion.org/>