

Conscious Acts of Compassion & Kindness

For Your Health & Stress Reduction

Caring & Calming

Use diaphragm breathing consistently
Be patient with yourself
Schedule down time for yourself (in your appt. book)
Take a warm bath/shower
Meditate or pray
Read for enjoyment
Take a nap
Listen to a soothing CD/tape/video
Get plenty of rest
Eat healthy foods
Avoid people who don't support you
Avoid risk-taking behavior
Take care of your health
Slow down
Honor your own needs

Moving Energy

Exercise, walk, jog
Stretch or do yoga
Play sports
Drum, sing, chant, dance
Express emotions in appropriate ways

Supporting Yourself

Call a trusted person
Go to meetings/groups
Talk with a counselor, minister, rabbi
Watch how other role models cope
Screen your phone calls
Don't over schedule yourself
Schedule time for you to be with yourself
Check in with your body and notice how it's feeling
Recognize your body is always communicating with you,
so pay attention to its wisdom

Taking Action

Be willing to try something new
Follow through with a plan
Chose one task to work on at a time
Finish one thing you want to complete
Be present in the moment
Take care of your own needs
Practice conscious eating

Treating Yourself

Go someplace you want to go
Buy something healthy/special for you
Read something spiritual
Pamper you = haircut/manicure/massage
Buy yourself flowers
Be with nature
Be with a pet or animal you enjoy

Affirming Yourself

Read, write, listen to positive affirmations
Use positive self-talk
Remember positive times & outcomes
Visualize future success
Look for small joys
Remember compliments from others
Remind yourself of your courage
Get back on track if you fall off
Tackle one day at a time
Watch out for your inner saboteur's voice

Diet

Eat Healthy Foods
Eat Until You're 80% Full or Less
Feed Yourself at Level 2 Hunger
Eat Slow and Enjoy Each Bite
Nourish Your Soul

