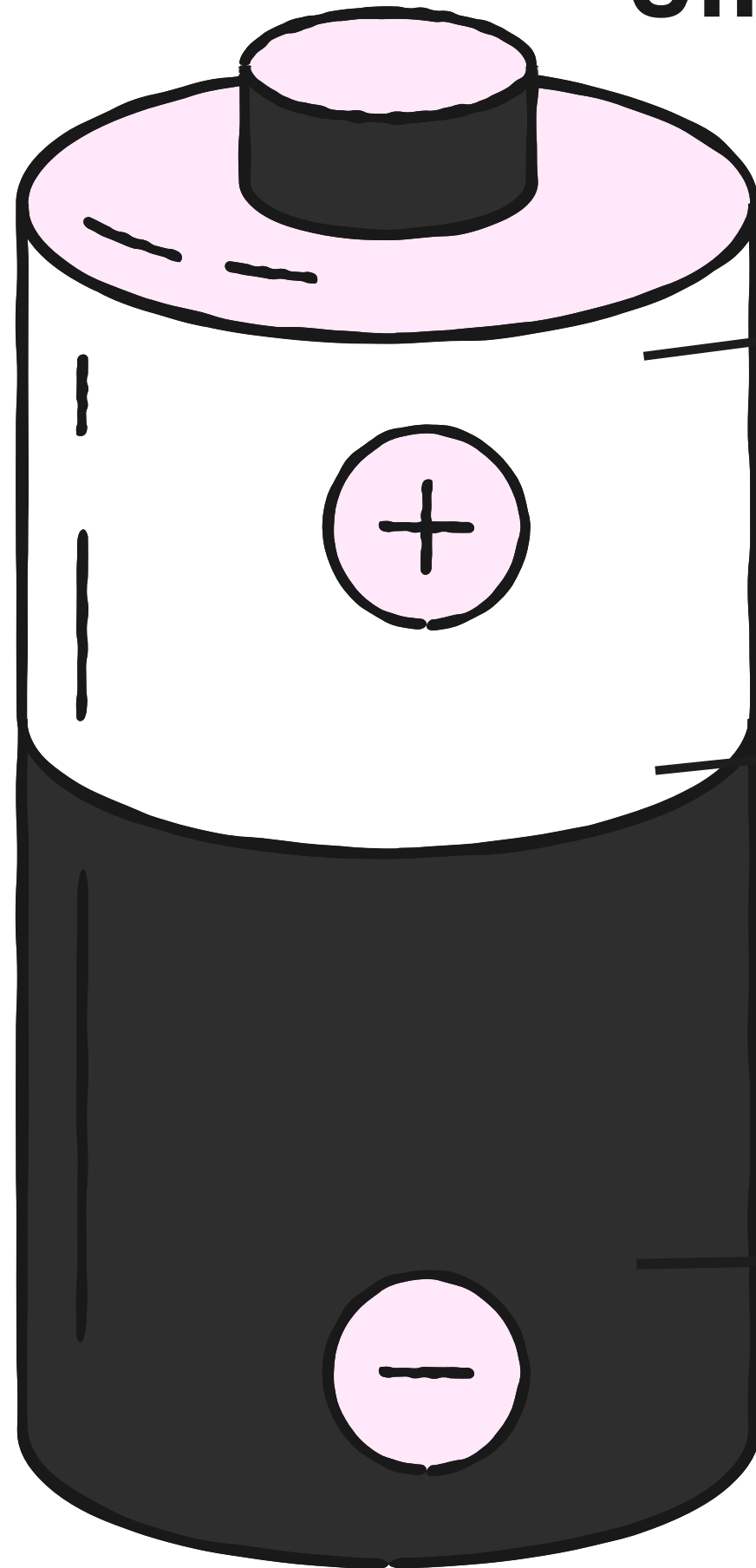


Check your Battery?

How are you feeling?



Feeling Great?
Keep meeting your needs and practicing Self-Care.
How can you maintain this level.

Feeling Okay? MEH?
How can you make your day a little better?
How can you love on yourself today?
How can you be kind to yourself?

Struggling? On Empty?
Triage! What area is suffering the most. FOCUS on that area.
Pinpoint what's draining you and try to create a boundary.
THEN... Do something that fills you up.

MENTAL/ EMOTIONAL ACTIVITIES FOR SELF-CARE

Answer these Questions?

What helps me to feel centered?

What settles me?

What makes me feel relaxed?

What soothes me?



Cell Phone Off



Journaling



Community



Me Time



DOSE

Dopamine

Oxytocin

Serotonin

Endorphins



DOPEMINE



- Known as the Reward Hormone
- Important for Focus, Concentration, & Sleep
- Released after your brain achieves a goal no matter how small it is.

FUN FACT: THE BRAINS NEUROLOGICAL PATHWAYS ARE INCREASED THE MORE OFTEN DOPAMINE IS RELEASED.

Hack: Set small achievable goals everyday and actually achieve them.

OXYTOCIN

- ♥ • Known as the Love Hormone
- Increases empathic feelings and builds trust

**EXAMPLES: PHYSICAL TOUCH LIKE HUGGING,
OR EVEN PETTING ANIMALS**

Hack: Physically touch someone every day if possible. Hug your children, your spouse. Pet your dog!

SEROTONIN



IMPORTANT: 90% OF SERATONIN IS FORMED IN YOUR GUT, IF YOU HAVE A HEALTHY GUT, YOU'LL HAVE LOADS OF SEROTONIN.

FUN FACT: ITS ACTUALLY TRUE THAT IF YOU'RE HUNGRY YOU CAN BE HANGRY AS A RESULT.

- Known as a mood stabilizer
- Increased by being outside in bright daylight.
- Bright light is even a standard treatment for depression

Hack: Open the blinds, let in light, try grounding, go outside frequently, EAT HEALTHY MEALS!

ENDORPHINS



- Known as the natural pain killer
- Regulates fight or flight instinct

This would be why your pain is dimmed immediately following an accident because adrenaline is reallocating endorphins.

**HOW TO RELEASE ENDORPHINS:
DOING SOMETHING YOU FIND SCARY, WATCHING A
SCARY MOVIE, EATING SPICY FOOD, EXERCISE!**

Hack: Try something wild, fun, crazy, scary, new. Watch a scary movie while you eat something spicy!

PHYSICAL IDEAS FOR SELF-CARE

Answer these Questions?

- What do I like?
- Who do I like to be around?
- What makes me happy?
- What brings me peace?



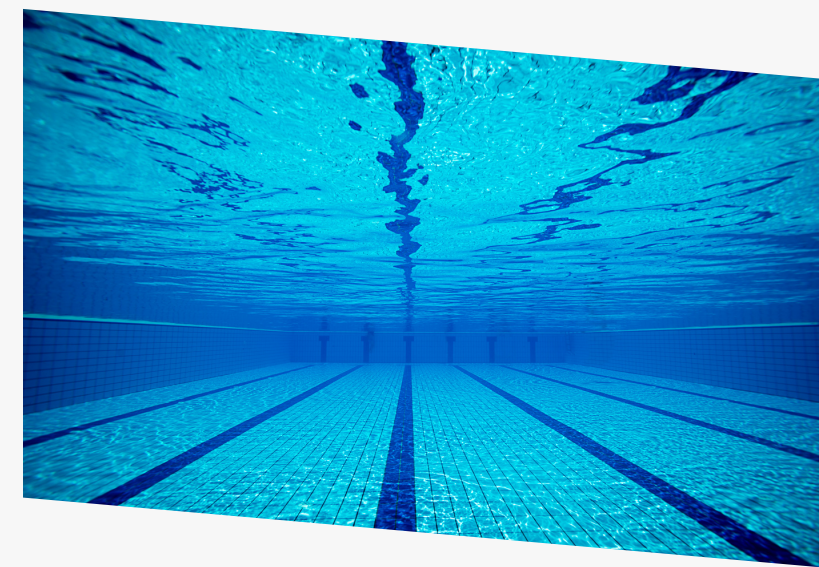
Working in a Garden



Time with Family



Swimming



Cycling



SELF CARE

RANDOM IDEAS

- Clean your home
- Do yoga
- Exercise
- Go for a walk
- Stretch your body
- Swim
- Take a bike ride
- Go watch a movie alone
- Have a laugh
- Lie on the ground
- Listen to an audio book
- Listen to music
- Listen to your favorite music growing up
- Open windows
- Read a book
- Take a bath
- Turn off digital devices
- Visit a library
- Visit a museum
- Visit an art gallery
- Burn a candle
- Write down a new routine
- Visit a new place
- Do a puzzle
- Do karaoke
- Get a facial
- Get a manicure
- Get a massage
- Get a new hairstyle
- Get a pedicure
- Go for a road trip
- Go in a sauna
- Go outside
- Go see a play
- Watch a sunset
- Watch funny Youtube videos
- Watch the stars
- Try knitting
- Watch a comedy
- Create a Vision Board
- Write in a journal
- Compliment yourself
- Dance
- Listen to your favorite song
- Meditate
- Pray
- Reassess your priorities
- Go on a date with yourself
- Sleep 8 hours at night
- Smile
- Take a nap
- Take deep breaths
- Color by Number
- Try a 5 Minute DIY
- Paint
- Write a fictional story
- Decorate a wine bottle
- Visit a park
- Scrapbook