



## Self-Nurturing Feel-Good List

It's not easy to stay in a state of calm bliss – in fact, I don't know anyone who can stay there all the time. As you know, things do happen that can pretty quickly take you out of feeling good.

All of your feelings are valid and important. Sometimes you just need to feel the sadness, frustration, anger, and whatever feelings arise. You can do this by paying attention to the sensations in your body, letting the feelings come. And when you're ready, you can choose to bring yourself back to your state of calm bliss - over and over throughout your day.

When you make it a habit to tune into yourself throughout the day, regularly monitoring your mood and tending to your thoughts and feelings, you can adjust, rewind, and return to a feel-good state. With practice you can more frequently feel your inner happiness.

I invite you to make a list of simple and easy things that you can do throughout your day that feel self-nurturing or energizing. Include a mix of things you can do with your children and things you can do alone.

Create your list and put it where you're likely to see it, so you can refer to it when you begin to feel depleted or irritable.

Check in with yourself frequently throughout your day. You might want to set an alarm on your phone (every hour) to remember to ask yourself...

**“What am I feeling right now? What do I need right now to feel better?”**

Here are some suggestions to add to your list, but you know what works best for you so create your own list.

- Play music that soothes you
- Play music that energizes you
- Do a quick 30 second breathing practice (see Breathing download)

- Go for a walk
- Go outside and lie on the ground or sit under a tree
- Listen to the Self-Love meditation (download on this resource page)
- Call a close friend who is supportive
- Breathe in and out of your heart
- Diffuse soothing essential oils into your home
- Dance! By yourself or with your kids
- Shake your body intensely for a minute or two
- Meditate (even 5 minutes can make a difference)
- Write a paragraph or two in your journal
- Eat something healthy and delicious
- Stay hydrated! Have a glass of pure water
- Eat dark chocolate!
- Do some sort of exercise for 10-20 minutes– jump on rebounder, etc.
- Do some yoga poses
- Have a cup of your favorite tea
- Take a nap
- Take a foot bath with aromatherapy
- Ask for a hug from your partner or kids
- Give yourself a hug
- Do some laughter yoga
- Act silly with your kids
- Sing songs with your kids
- Listen to Sanctuary of Peace meditation (download on this resource page)
- Visualize how you want your life to be
- Humor – find something to laugh about
- Do something funny and unexpected to get your child to laugh
- Scream into a pillow
- Do some tapping - Emotional Freedom Technique EFT
- Be in nature if you can, especially near a lake, ocean, river, stream

- Take your kids on a short nature hike and make it into a scavenger hunt or “I spy something....”
- Ask yourself what you are grateful for – and write it down
- Self-expression – painting, drawing, crafting, singing, dancing, writing or some other form of art
- Work on a creative project
- Hold your child and be fully present with him or her using all your senses
- Smile – this sends a happy signal to your mind and body
- Make a list of all your child’s positive aspects – what you appreciate about him/her
- Have a good cry
- Cultivate empathy for yourself. You are doing the best you can
- Trust your intuition. Go with what feels right, what your natural instincts are telling you
- Create more playtime with your children
- Recognize your stressors and minimize them or cut them out entirely
- Ask yourself: **Where are you sacrificing yourself to others and giving yourself away to the detriment of your health and well-being?**