

LOVIN' YOURSELF

30 Seconds to 30 Minutes



Take a Little... Get a Lot

Every day... 24 brand new hours. What shall you do with it?

Love yourself strong, that's what!

You are SO deserving to live your best life RIGHT NOW.

There's no reason to wait until your kids go off to college, your parents move closer, you get that much-deserved promotion, that perfect relationship arrives, or you reach the age of retirement.

Life is happening right now, whether you're ready or not.

Self-Care, Self-Love, and Self-Compassion

Whether you have 30 seconds or 30 minutes, if you want to unplug to plug in, here are some easy things you can do. You're bound to find something that fits your life in this moment.

Play and Have Fun!

30 SECONDS

Take 3 deep slow breaths, letting yourself fill up on each inhalation and let go on each exhalation.

Take a sip of water or tea and notice everything there is about that experience.



Gaze at a flower or plant. Notice the life form that's there!

Smile... and notice the smile moving through you.

Hug... a human, a pet, yourself.

Stand up to stretch and move your body.

Do 10 desk push-ups.

Notice the movement of your hands when you wash your hands.

Listen to nature: wind, crickets, leaves, birds, rain, snow falling, ...

Light some lavender incense.

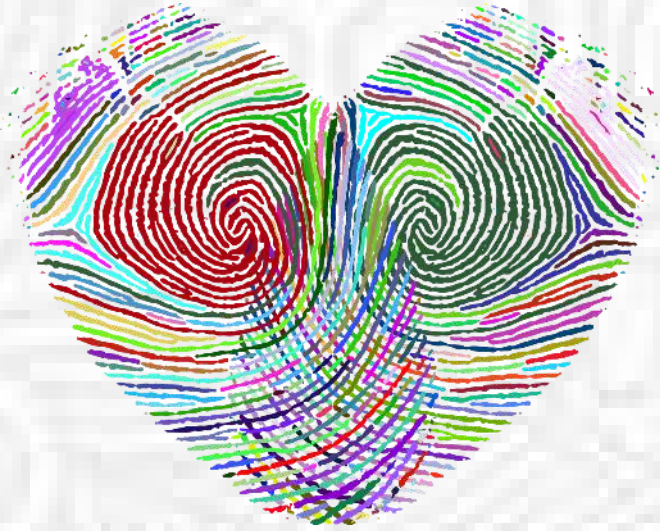
Feel water flowing over your hands.



Shake your body and let everything loose, even the corners of your mouth.

Hang your tongue out and go “aaaaahhh”.

LOVIN' YOURSELF: 30 Seconds to 30 Minutes



Think of one thing that you like about yourself and celebrate it by saying it out loud with confidence and determination.

Put your hand on your heart and feel your heart beating.

1 MINUTE

Slowly read a gratitude passage or quote.

Listen to sounds around you as sounds, as if it's music from the unknown.

Look at a picture of someone or something that means a lot to you and has you feeling nourished (a pet, sunrise/sunset, your family, a fun adventure you had). Absorb the goodness of the heart feeling and let it flow through you.

Breathe smiles into your heart.

Massage your head and face: along your eyes, ears, scalp, and jawline.



LOVIN' YOURSELF: 30 Seconds to 30 Minutes

Drink a glass of water.

Stand and stretch into deep leg lunges, like Warrior I yoga pose: 30 seconds for each side.

Get quiet and listen to your body breathing.



Add a few drops of lavender essential oil to your wrists or neck and smell. Take in the calming effects. For invigoration, use orange, lemon, or peppermint.

Slowly stretch your neck from side to side, letting your muscles relax and open.

Light a candle and notice the flame.

Stand and swing your body from side to side, opening up the spine. Let your arms flop, too.

Throw away one item in your kitchen cabinet that doesn't add a lot of health, blessing your body for how it takes such great care of you.



3 MINUTES

Listen to your favorite song... and maybe get up to dance.

Hang out with your pet. Notice their life. What are they thinking?

Send a note of thanks or appreciation to someone.



Write down what's gone well today, how you've showed up, and how you've taken care of yourself.

Do a short body scan and stretch any part that's a little tight.

Climb a set of stairs, even if it's only one floor. Feel the blood, oxygen, and energy pulsating through your body.



Stand and do [Amy Cuddy's Power Pose](#).

Make a date with a favorite friend to do a favorite activity.

Add one thing to your DIG (Darn I'm Good) file.

Ask someone to help you with something that you have difficulty doing or prefer not to do.

Look at your schedule and take one thing off, replacing it with YOU time.

5 MINUTES

Sit outside and just Be.

Read a poem.

Go outside and hug a tree.

Write down 5 things you're thankful for & why.



Invite your Being and body to enjoy a quiet cup of tea. Sorry, mind, no invitation for you this time.

Take your shoes off and stand barefoot on the earth. Scrunch your toes, feel the warmth, feel the life underneath that's always supporting you. Kiss the earth with gentle steps.

Write a gratitude passage on an index card and post it for others to enjoy.



Wash your face clean with warm water.

Put on comfortable clothes. Jammies are always a good option.

Crank the music and dance to a favorite song.

Watch a funny video that makes you laugh.

Grab a Post-It Note and doodle in circles, spirals, boxes, lines,... whatever shapes come up.

Pay attention to every little thing about something you normally do out of habit - brushing your teeth, putting on your shoes, washing a dish, walking down the hallway, getting into your car, etc.

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Get rid of one piece of clothing you haven't worn in two years. Start a donation pile.

Floss your teeth.

Pause for some mindful awareness of your experience right now: the sensations in your body, your emotions, your mind, where you are in space and time. Notice all there is with curiosity and receptivity.



Plan a date with yourself to go to that museum or art gallery, to get that massage or chiropractic adjustment, to take that dance class or community workshop, or whatever it might be that you've put off that would feel really nourishing.



Put your hand on your heart. Feel your heart beating, recognizing the intelligence of your body to keep you healthy and strong. You don't need to ask for this continuous support - it's always there! What a miracle. Smile with deep appreciation, connecting to this beautiful source of wisdom and ease.

10 MINUTES

Enjoy a healthy snack, eating slowly and mindfully.

Try to add a few pieces to a jigsaw puzzle.



Cloud meditation: lay on the earth and look up at the sky, watching the clouds change and shape-shift. Breathe as if you're the gentle breeze.



Spend time with flowers and plants outside in nature. Dig in the dirt, touch leaves, notice grass up close, watch for tiny insects and bugs.

Take a walk around the building or block.

Color, doodle, or draw.

Decide to say NO to something so you can say YES to you. Write out how you'll take action on this. Taking on too many commitments can be damaging for yourself and the other.

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Free write with no agenda or intention beyond an in-this-moment expression of whatever's on your mind and comes to you. After you're done, you can throw it away. You've already changed.

Make a nutritious smoothie to keep your energy boosted through the day.

Choose a color and look around to notice all the places you see it in your area.

15 MINUTES

Pick up that flute or pull out that drum. Enjoy the music you make.

Sit with your back against a tree and listen with your whole body.

Play something... anything.

Refresh with "legs up the wall" posture.

Listen to a guided meditation.

Do 10 Sun Salutations.

Read a few pages of a favorite book.



Take a long hot shower, feeling the pulse of the warm water gently massaging your back.

Grab a pencil and piece of paper. Sketch a tree. It's amazing all the different shapes and forms.

Tidy up one area: desk, purse, car, kitchen counter, room, ...

20 MINUTES

Walk down the street and back, saying hello to all your neighbors.

Spend some time doing a body scan meditation, starting at your toes and slowly moving all the way up to your head. Offer each part of your body deep gratitude and love. It's amazing, this miracle.

Listen to or watch an inspiring speaker on TED Talks.

Enjoy a warm and detoxifying sauna.

Sit in the sun and get some Vitamin D.

Go to the park and swing on a swing.

Take a delicious and refreshing cat nap.



Have tea and a talk with a dear friend who makes you laugh and just listens.

Enjoy a bowl of warm soup or stew. Everything feels nourished when our belly does.

Get take-out from your favorite healthy restaurant, giving yourself a night off from cooking.

30 MINUTES

Enjoy a luxurious bubble bath with candles and bath salts.



Get a manicure / pedicure or give yourself one.

Have a meal with a friend or loved one.

Read something of interest.

Enjoy an ocean or forest bath.

Stop by your local animal shelter and give yourself some love by loving some 4-leggeds.

Cook a healthy meal...
enough to eat now and some for later.

Grab some paints and paint in an expressive, free-
form way... whatever comes up for you.

Take a bike ride or a hilltop hike.



Take a drive on a road you've never been on before.
Let curiosity lead you and have an adventure seeing where you'll end up.

I hope you enjoyed some of the invitations for

Self-Care, Self-Love, and Self-Compassion

As you've experienced from the list above, it need only take 30 seconds to offer yourself some spaciousness, a gap in the busyness, a resting point. Explore this often. Infuse it as a regular practice throughout your day with Love, gratitude, and kindness for the amazing strength of a person that you are.

Waiting for life to slow down and match your desired pace is most likely not going to happen, at least at the frequency that's needed for balanced health and well-being.

Optimizing your life takes courage and intention.

Begin here. Begin now. Begin with Love.

Peace and much Love,

Shanti

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