

Holistic Self-Care

Strategies

Ideas from therapist Chris McDonald, LCMHCS of Path to Hope Counseling

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| Body | <input type="checkbox"/> | DO A SERIES OF STANDING STRETCHES |
| | <input type="checkbox"/> | YOGA, TAI CHI OR QI GONG (SEARCH YOUTUBE) |
| | <input type="checkbox"/> | PRACTICE DEEP BREATHING |
| | <input type="checkbox"/> | GO FOR A SHORT WALK |
| | <input type="checkbox"/> | JUMPING JACKS/PUSHUPS/CRUNCHES/
MOUNTAIN CLIMBERS |
| Mind | <input type="checkbox"/> | READ A PASSAGE FROM AN INSPIRING BOOK |
| | <input type="checkbox"/> | CREATE POSITIVE AFFIRMATIONS & REPEAT |
| | <input type="checkbox"/> | READ POETRY THAT INSPIRES YOU |
| | <input type="checkbox"/> | WRITE DOWN TODAY'S WINS |
| | <input type="checkbox"/> | JOURNAL WAYS YOU CAN SPREAD KINDNESS |
| Spirit | <input type="checkbox"/> | SIT IN SILENCE OR PRAY |
| | <input type="checkbox"/> | MEDITATE (TRY A GUIDED MEDITATION APP) |
| | <input type="checkbox"/> | REFLECT ON YOUR PROGRESS |
| | <input type="checkbox"/> | JOURNAL ABOUT WHAT YOU ARE GRATEFUL FOR |
| | <input type="checkbox"/> | GO OUTSIDE AND CONNECT WITH NATURE |