



Being Your Best Self

Here are daily reminders to help you be your best self, so that you are able to care for others. You may also wish to share this list with those in your care. Find ways to personalize this list to make it more meaningful to you.

- ⇒ Make your bed
- ⇒ Shower and moisturize your skin
- ⇒ Drink water
- ⇒ Take prescribed medicine (if appropriate)

Determine one thing each day to look forward to and when you will experience it.

Today I will _____ at _____.

Improve your living space

- ⇒ Clean one thing/area. (a drawer, a shelf, a closet, a mirror)
- ⇒ Tend to something growing or living.

Mindfulness is a gift you give yourself.

Four ideas to experience mindfulness – focus on this and only this for five minutes (pick one)

- A sound or a song (birds chirping)
- A sensory feeling (a warm mug of tea)
- Something you see (inside or outside your window)
- A spiritual practice (prayer, meditation)

Reach out to a human outside your home (pick one)

- Make a telephone call
- Write a handwritten note and put it in the mail
- Use the internet to communicate with someone you haven't seen in a long time

Essential activities

- ⇒ Do one thing to get your heart rate up – move your body
- ⇒ Do one thing you'll be glad you did later
- ⇒ Do one thing just because you can
- ⇒ Find a way to laugh – YouTube videos, funny stories, silly movies, old TV sitcoms

Most importantly

Take a Break Before You Break

