



Self Care Recommendations

A Daily Practice

Start each day with an affirmation for the day. "Today is going to be a beautiful day." You know what best puts you in a higher vibration. Check out the list of options below and make a commitment to yourself that you will do at least one everyday. Make yourself a priority. Choose to live in a higher frequency.

1. Be kind and gentle with how you feel, allow your feelings to just be.
2. Build awareness of your breath, practice breath techniques to relax and calm, try the count of *four* as you breath in and *four* as you breath out and allow a space of *two* between breaths.
 - a. When you can't seem to catch your breath. Try pursing your lips as you release your breath.
3. Gratitude Journal to write your thoughts, dreams, visions and observations from your day that moved you in a positive way. These positive experiences become imprinted in your mind and body when you write them down.
4. Exercise – any form of movement, walking in nature or the park, yoga. Find one that you like to do.
5. Pray – put your desires into words and send them to the higher power that you believe in always keeping in mind the highest good.
6. Support –share your thoughts and experiences with trusted family and friends, telling your story is healing and you can gain wisdom from others and seek counsel of a trained medical or mental health professional.
7. Find joy in the little things in your life, stop and smell the roses, laugh, watch a funny movie.
8. Try an observing mind and imagine your thoughts are clouds in the sky floating by without judgment.
9. Music is a vibrational tool that the ego does not resist. We easily entrain to music that makes us feel good.
10. Anything that is inspiring – books, movies, spiritual teachers who awaken you to your own magnificence. Spend time near people, places and things that hold a high frequency, where you feel inspired.
11. Aromatherapy or color therapy can make you smile.
12. States of appreciation, gratitude, love, compassion and awe are an exact vibrational match to Source energy when you focus on these states you raise your frequency.
13. Random acts of kindness – project and radiate love outwards.
14. Inquiry – try being introspective or learn something new.
15. Add your own _____