



## 100 Acts Of Self-Care For Working Women

### EMOTIONAL

1. Redefine the word “Emotion” to support your emotional health
2. Write and send someone a love note
3. Watch a sad movie and embrace any tears that come up
4. If you’re feeling frustrated or angry, yell in your car
5. Read The Gifts of Imperfection by Brené Brown
6. Watch Brené Brown’s TedTalk on vulnerability
7. Read The Power of Kindness by Piero Ferrucci
8. Have an honest talk with someone you’re frustrated with
9. Make a list of all the emotions you can name - research and add to your list
10. Once a day ask yourself how you’re feeling and respond as you would to a friend
11. Make a list of all the things that emotionally trigger you and explore why they do
12. Give someone a smile
13. Give yourself a compliment
14. Give yourself a hug
15. Watch a comedy show and embrace the laughter
16. When feeling angry, take a deep breath (for 10 counts) before responding
17. Tell someone you love them
18. Listen to a song that energizes or gives you whatever you need emotionally
19. Turn off your inner critic - notice it, thank it for its thoughts and move forward
20. At the end of the day, state 3 things you were grateful for

### MENTAL

1. Practice the yo-yo
2. Sketch a picture of your favorite place
3. Paint a picture of a flower or animal
4. Breathe in for a count of 5, hold it for a count of 5, breathe out for a count of 5. Repeat.
5. Build a puzzle
6. Learn how to say hello, good-bye and thank you in a new language
7. Browse your local library and check-out a book that excites you



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### MENTAL

8. Look through a kaleidoscope
9. Shut your eyes and listen to a song that clears your mind
10. Ask your colleague or boss a question you've been stuck on
11. Eat lunch away from your desk
12. Go Forest Bathing
13. Take a walk around the block and connect with your senses
14. Knit a scarf
15. Enroll in a class you're excited about (cooking, mastering Excel, etc.)
16. Subscribe to a Podcast you find interesting
17. Try something new (rollerblading, basketweaving, cooking, etc.)
18. Volunteer for a work project that will push you to learn new things
19. Subscribe to a magazine that excites you
20. Visit a local museum

### PHYSICAL

1. Carry a water bottle around and drink from it often
2. Prepare vegetables and fruits on Sunday - nibble on them throughout the week
3. Engage in your favorite physical exercise (running, spin, swimming, walking, etc.)
4. Give someone a hug
5. Schedule your annual doctor's physical
6. Take a Tai Chi class
7. Schedule your 6-month dentist appointment
8. Get a massage
9. Stretch in the morning for 10-minutes
10. Pamper your skin - apply a face mask
11. Floss your teeth
12. Drink a cup of green tea
13. Take a yoga class
14. Practice mindful eating at lunch (15-20 chews per bite - connect with your senses)



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### PHYSICAL

15. Get 7-9 hours of sleep (keep your phone out of the bedroom)
16. Dress or adjust room temperature to neutralize your body temperature
17. Take a bath
18. Identify an ache or pain in your body and bring it relief (stretch, ice or heat, etc.)
19. Engage in physical intimate moments with your partner
20. Breathe deeply into your belly (vs. taking shallow breathes into your chest)

### SOCIAL

1. Grab a meal with a friend
2. Go for a walk with a colleague
3. Share a personal challenge with someone close to you
4. Join a [meetup.com](https://www.meetup.com) group and attend their event
5. Write a thank you note and send it through the US Postal Service
6. Ask a friend for help
7. Offer to help someone
8. Give someone a compliment
9. Attend a networking event and set a fun goal (like meeting 3 people wearing purple)
10. Host a dinner party, potluck, day at the spa, whatever interests you
11. Send a thank you note to a friend
12. Limit time with people who pull you down, dump their hardships on you, etc.
13. Identify one person who lifts you up and call them
14. Practice deep listening In your next conversation
15. When engaging with friends leave your phone behind
16. Hold the door for a stranger
17. Share a personal secret you've been embarrassed about with someone you trust
18. Initiate a difficult conversation that you've been putting off
19. Initiate a conversation with your neighbor
20. Tell someone you love them



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### **SPIRITUAL**

1. Do something you loved doing when you were a child (writing, building, etc.)
2. Define your top 5 values
3. Make a list of 5 ways you can better honor your values and start doing them
4. When making your next decision before you ask a friend for advice, ask your gut
5. Walk through nature and deeply notice everything around you (colors of flowers, etc.)
6. Download HeadSpace and start a meditation
7. Take daily inventory of 3 things you're grateful for
8. Sit quietly for 10-minutes and focus on your breathe
9. Read The Monk Who Sold His Ferrari by Robin Sharma
10. Study consciousness, religion, philosophy
11. Read Big Magic by Elizabeth Gilbert
12. Be 100% present with a child or an animal
13. Go forest bathing
14. Connect with the elements (walk barefoot in the grass, watch the ocean, sit by a fire)
15. Take a yoga class
16. Express yourself through music (dance, play an instrument, sing, etc.)
17. Make a list of your top 5 talents and honor one of them daily for a week
18. Volunteer for an organization you believe in (serve at a soup kitchen, etc.)
19. Connect with your creativity (write, paint, throw clay)
20. Shop around and find a daily meditation that fits you