

# Self-Care: Finding the Time



## If you have 2 minutes

- Take a few deep breaths or stretch
- Doodle, daydream, or look at a photo of a loved one
- Take a bathroom break
- Let someone know that you may need some time to talk later
- Enjoy a peppermint or stick of gum
- Think of three things for which you are grateful
- Share a smile or laugh with a coworker
- Have a cup of tea, coffee, or water
- Acknowledge an accomplishment
- Massage your forehead or hands

## If you have 5 minutes

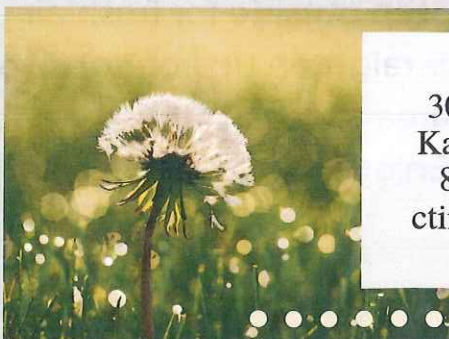
- Listen to music and sing out loud
- Jot down your dreams or goals
- Run in place, do some jumping jacks, or walk up and down steps
- Have a cleansing cry
- Note a strength or quality you value in someone else and tell them
- Send an email that has been nagging you
- Spend time with a pet
- Step outside for fresh air
- Straighten up your desk or work area
- Enjoy a healthy snack

## If you have 10 minutes

- Write in a journal
- Assess your self-care
- Have a conversation with someone you don't normally see
- Talk to a friend, family member, or co-worker about a problem or frustration
- Take some quiet time to reflect on what you need from others in your life and how you can ask for help
- Surf the web for inspiring quotes
- Take a brisk walk or dance to music you enjoy
- Add things to your work area that bring you joy—plants, photos, inspiring or funny quotes
- Plan a celebration to acknowledge an accomplishment or milestone
- Find a quiet place either indoors or outdoors and meditate

## If you have 30 minutes

- Read for pleasure
- Go shopping for something fun
- Have a “walking” meeting rather than meet in an office
- Exercise vigorously, practice yoga, or take a bubble bath
- Visit a friend you haven't seen in a while
- Review your calendar to mindfully create space
- Play a game with family/friends
- Spend time in nature
- Watch your favorite TV show or listen to your favorite album
- Cook a meal



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