

5 SIMPLE SELF-CARE TECHNIQUES THAT YOU CAN DO ANYTIME, ANYWHERE.

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1. MEDITATE.
 - Counting breaths - do this slowly, with your eyes closed, relax.
 - Walk. Do this while deep breathing, or listening to music.
 - Listen to a guided meditation, or instrumental music.
 - Drink a cup of tea (or coffee), or eat a piece of chocolate, savoring the aroma, the flavor, and the texture.
2. JOURNAL.
 - Make it as formal or informal as you'd like. Write every day, or whenever the mood strikes you.
 - Choose a beautiful blank book, or portable notebook to inspire you.
 - Play music you enjoy (sans lyrics) while you write.
 - Set aside time at least a few days a week to jot something down.
3. STRETCHES.
 - A simple, way to lift your spirit, and promote health.
 - Look up some simple yoga stretches that you can do at your desk, or while walking. You don't need a complete yoga practice to reap some wonderful benefits!
4. NATURE
 - Get outside, take a walk, sit in the park...
 - Walk barefoot in the grass.
 - Visit a conservatory, butterfly garden, botanical gardens.
 - Buy a bouquet of flowers or a plant you can enjoy at your desk.
5. TAKE A BATH.
 - Set aside some time and pick out a bath salt, bubble bath, or scented oil that you find relaxing and uplifting.
 - Run your bath, and light some candles, get a good book, put on some soothing music.
 - Relax and enjoy!

MAKE IT A HABIT TO MAKE YOURSELF A PRIORITY!