

CHECKLIST



Self-care tools to keep you happy and strong

Whether you work in customer service or healthcare, are a parent, manager, or kickass friend, it's hard to care well for others when you're feeling drained yourself. Sometimes the best thing you can do, for everyone, is to take a self-care break. Give these tips a try.

◆ Shake your booty—or other body part

As acupuncturist Rebecca Parker says, "Exercise can just be running up the stairs instead of walking." Get creative about moving around. Improving your circulation keeps your emotions from getting stuck and allows you to imagine different, happier outcomes to tough situations.

◆ Worship your water bottle

A homely faucet is a self-care arsenal. Water is crucial for circulation, energy, metabolism, and detoxification, says Denice Hilty, D.C. Filtered water delivers optimal health, so drink up.

◆ Practice saying: kthnxbai

You accomplish more if you learn your limits and honor them. Prioritize the projects and people most important to attend to, and then make kindly saying "no" your superpower.

◆ Detach from your devices and get quiet

Disconnect and commit to 10 minutes of silence. Escape to a park or your car, and close your eyes and practice breathing deeply and slowly. Parker also recommends "The Alexander Technique"—give it a google.

◆ Write (or rant) in a journal

Writing it out, says Parker, "is a good way to keep thoughts and emotions from getting clogged." Decades of readers swear by the Morning Pages of "The Artist's Way."

◆ Press pause on the cheez doodles

When your defenses are depleted, your body's need for quality fuel skyrockets. If fried carbs bring you joy, save them for *after* a healthy smoothie or snack.