

Self-Care Strategies for Each of the Domains of Personal Development

<p style="text-align: center;"><u>Physical</u></p> <ul style="list-style-type: none"> • make time for stretching/massage • healthy diet • do squats while I brush my teeth • walk with my baby on bike path • going to the gym consistently • yoga • play tennis weekly • sleep • walk the dog • keeping up with doctor's appointments • massage feet • sitting with dog • cleaning • organizing • taking walks • floss your teeth • run for at least 15 minutes daily • go hiking • go backpacking • go mountain biking • go cycling • go whitewater kayaking • drink more water • apply physical breaks within classroom with students: stretching, tabata, yoga 	<p style="text-align: center;"><u>Emotional</u></p> <ul style="list-style-type: none"> • spend time with friends/family • schedule time with my father (take vacation) • listen to music • play music • mental health day-treat yourself • deep breaths • reflect • be present in phone conversations to parents-no multitasking • eat lunch away from staff room to avoid negative conversations • hug my spouse when I get home and when I leave for work • actually talking about your feelings vs. joking • each breath helps me start from a calm place • saying "thoughts drives, emotions walks" my path • laugh • gratitude journal • breathing when driving • becoming less fixated on time (rushing) • playing tennis (get out aggression) • back to the woods! Nature walks. • volunteering/charity work • playing piano and flute (by myself, just for me) • engage in small acts of kindness
<p style="text-align: center;"><u>Intellectual</u></p> <ul style="list-style-type: none"> • books • hobbies (e.g. knitting) • being present when in conversations to gain insight • reading outside comfort zone • taking this course 😊 • taking courses that interest me or benefit me • budgeting • focusing on what promote my E.I. • listen to news updates • try new craft projects • build something • reading the newspaper instead of internet or FB for news (FB comments are deadly!) • planning (backpacking) trips • writing • do a crossword puzzle at least once a week • NY Times 1 min crossword puzzle • listening to podcasts on commute • coaching- new strategies • doing puzzle apps on my iPad • words with friends • work on new languages • traveling to new places • intellectual conversations- learn something new or a new perspective from someone • go to a museum 	<p style="text-align: center;"><u>Spiritual</u></p> <ul style="list-style-type: none"> • attend weekly religious service • read from daily spiritual reader • take in your surroundings on my runs with my dog (no music, take deep breaths and enjoy nature) • making time to touch base with family and friends • engaging in a fun way with my baby on our commute (enjoy what's going on thru his eyes) • follow the word • weekly gratitude journal • meditate • pray • deep breathing each morning • put away technology when eating- notice food, view out window • deep breathing in traffic • being grateful • use iWatch breathe app • go hiking • listen at church • view some art • talk with others who share similar religious beliefs • be open to new experiences