13 Self-Care Practices to Explore

Self care is crucial to total wellness and work-life balance. This diverse list offers options from no-cost, to low-cost to indulgent. Research your choices and decide what to make a regular practice.



- [ ] Acupuncture/Acupressure (Get recommendations from your network.)
- [ ] Cleanses/Detoxes (Note: requires research, preparation and careful return to normal diet. Consider your lifestyle, physical demands and health restrictions with the help of a wellness practitioner.)
- [ ] Cupping or Gua sha - Are often also handled by acupuncturists. Treats deep rooted tension and releases toxins. (Warning: causes temporary bruising and marks.)
- [ ] Daily Affirmations (Read at the top of the morning and at difficult points of the day.)
- [ ] Guided Meditation (Audio Streaming/Downloads)
- [ ] Gratitude Journaling (Maintaining a running list of things for which you are thankful, big and small!)
- [ ] Journaling (releasing thoughts, feelings through writing)
- [ ] Mindful Breathing Exercises (try 4:7:8 - inhale through nose 4 counts, hold breath 7 counts, exhale through mouth for 8 counts)
- [ ] Restorative Yoga (Many studios offer a trial class or membership.)
- [ ] Self-Massage (An Ayurvedic technique called 'Abyhanga' of massaging the entire body with warm organic oil--sesame, sweet almond or olive--while thinking nurturing thoughts.)
- [ ] Sensory Deprivation or R.E.S.T. - Restricted Environmental Stimulation Therapy, better known as Float Tanks
- [ ] Steaming (Steam room or hot steam shower using essential oils/essential oil spray such as eucalyptus & lavender. Great for skin and nasal care.)
- [ ] Visualization (Create positive mental imagery of having/doing what you want for at least 5 minutes. Most effective when done daily.)

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