

Work toward finding balance in your life by trying some of these suggestions shared by our Self- Care Committee members!

**Psychological**

* Practice journaling to write down your thoughts and feelings each evening
* Use aromatherapy, calming scents or oils (such as lavender), in a diffuser, lotions, bubble baths, etc.
* Draw
* Work in a garden
* Relax in the sun
* Read for fun
* Utilize YouTube to find calming music and sounds

**Emotional**

* Laugh
* Find a hobby
* Call a friend
* Cuddle with a pet
* Give yourself positive affirmations
* Watch a funny movie
* Invest in a gratitude journal and write down the things you are grateful for each day

**Spiritual**

* Go into nature
* Meditate
* Sing
* Dance
* Practice yoga
* Play with children
* Watch a sunset
* Pray
* Volunteer for a good cause
* Practice self-forgiveness
* Download a calming or interesting podcast
* Use a spiritual journal

**Personal**

* Plan short and long-term goals
* Make a vision board
* Foster friendships
* Get coffee with a friend
* Read a book
* Spend time with family
* Learn a new hobby
* Be mindful of your financial needs and constraints
* Create a budget
* Visit DigitalDetox101.com to view a list of 101 technology-free things to do in Dayton

**Professional**

* Take time for lunch
* Set boundaries
* Leave work at work
* Do not work during your time off
* Get support from colleagues when needed
* Take mental health days
* Learn to say “no” (it’s a complete sentence!)
* Use all of your vacation and sick days
* Utilize your Employee Assistance Programs or wellness programs - many include free therapy sessions
* Turn off your email notifications on your phone when done for the day

**Physical**

* Eat healthy
* Exercise
* Get enough sleep
* Take time off
* Get a massage
* Take a bubble bath
* Go out for a walk
* Turn off your cell phone
* Create a physical space at home or work that encourages mindfulness and relaxation
* Clean and organize your physical space

**Other**

* Outside/Nature:
	+ [AllTrails](https://www.alltrails.com/) (Search Hiking Trails by Zip Code)
	+ [Washington Township Hiking Trails](https://www.cwpd.org/parks/)
	+ [Five Rivers Metro Parks](https://www.metroparks.org/interactive-parks-map/)
	+ [Mindful Walking Practice](https://www.mindful.org/daily-mindful-walking-practice/)
* Digital/Technology:
	+ [“I Am” App](https://apps.apple.com/us/app/i-am-daily-affirmations/id874656917)
	+ [“Calm” App](https://www.calm.com/)
	+ [Pixel Thoughts](https://www.pixelthoughts.co/)
	+ [Mindful.Org](https://www.mindful.org/)
	+ [Tapping Solution App](https://www.thetappingsolution.com/)
* Literature:
	+ [I Am Peace: Book of Mindfulness by Susan Verde](https://www.amazon.com/I-Am-Peace-Book-Mindfulness/dp/141972701X)
	+ [I am Love: A Book of Compassion by Susan Verde](https://www.amazon.com/I-Am-Love-Book-Compassion/dp/1419737260)