

Self-Care Action Steps for Living A More Peaceful and Happier Life
(Check next to Action Steps That You Can start Towards Your Pathway to Well-being)

Physical

- **Physical Activities That Are Fun**
- **Eat Regular Healthy Meals**
- **Exercise**
- **Sleep Well**
- **Massage and Pampering**
- **Schedule Medical Care**
- **Stretch**
- **Take Break from Demanding Tech**
- **Take Mini Vacay**
- **Take Time To Be Sexual**
- **Wear Clothes I Love**

Cognitive

- **Be Curious**
- **Do Something In A New Area: Museum Art, Other Culture**
- **Let Others Know Different Aspects Of Me**
- **Time For Self Reflection**
- **Prayer or Meditate**
- **Read Literature**
- **Time In Nature**
- **Steps to Decrease Stress**
- **Write**
- **Counseling**
- **Say no to Extra Work**

Emotional

- **Allow Myself to Cry**
- **Feel Happy with Skill Set**
- **Laugh Often**
- **Express Anger in Healthy Ways**
- **Nurture Others/ Myself**
- **Play**
- **Maintain Contact w/support Systems**
- **Watch Favorite Movies**
- **Stay Connected and spend time with People I Enjoy**
- **Talk to Myself Kindly**

Spiritual

- **Cherish Hope and Optimism**
- **Be Open to not Knowing**
- **Express Gratitude**
- **Be open to Inspiration**
- **Have awe-Inspiring Experience**
- **Make Time for Prayer, Reflection**
- **Time in Nature**
- **Sing**
- **Listen to And read Something Inspiring**
- **Identify Meaningful things and Notice it's In my Life**

Work

- **Avoid Procrastination**
- **Make Workspace Comforting**
- **Ask for Help**
- **Have a Peer Support Group**
- **Projects That are Exciting and Growth Promoting**
- **Set limits With Clients and colleague**
- **Make Quiet time to Complete Tasks**
- **Use Vacation or PTO**