

A Self – Care Toolbox

Adapted from *The Listening Hand* by Ilana Rubenfeld

1. **Humor** – funny stories, movies and laughing at yourself. Being outrageous
2. **Movement** – dance, walk, sports, yoga, new activities to try
3. **Play** – allow yourself to be silly. Reconnect with child-like fun
4. **Pleasure & Nourishment** – create and participate in activities for enjoyment only. Massage, concerts, cooking, being with loving, energizing friends
5. **Feeding the Spirit** – find time to meditate, being still in nature, listening to relaxing music, tapes, garden
6. **Rest** – respect your body’s need for rest. Create a restful space that your enjoy to return to again and again
7. **Travel and Spas** – Choose interesting places to visit to stimulate new thought and experiment with new culture, activities and people
8. **Conferences & Workshops** – retreats offer a wonderful way to connect with like-minded people and deepen your sense of wellbeing
9. **Posture & Body Balance** – be mindful of stressors of sitting too long, talking on phone and time spent at the computer. Consider taking breaks and checking in with what your body is calling for during the day.
10. **Love & Friendships** – Cultivate friends like a gardenful of colorful flowers. Cherish time spent with those dear to you. Share your life with people who love, respect and support you
11. **Volunteering** – Find ways to support those causes dear to your heart. What you give in time, money, energy and attention comes back to you 10 fold
12. **Space & Environment** – Listen to the relationship between your inner and outer space. Design a home or workplace that is comfortable and energizing.
13. **Reading** – Return to the experience of living with the characters in novels. Expand your mind with topics that call to you
14. **A Wish List** – Create a list of wishes. Look at this list each day and notice what activity jumps out at you.
15. **The Practice of Gratitude**- allow yourself to connect with a feeling tone of that which you are genuinely grateful for – notice the lightness and sweetness of this feeling.

“Above all, leave time for humor, laughter and pleasure. Most people devote their lives to work, making money & gaining power. These are honorable AND the real rewards are found in creating friendships, love and emotional wellbeing. Balancing work with fun, stress with comfort, seriousness with laughter is the mainstay of a healthy body and soul.”

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