

THE ULTIMATE GUIDE TO SELF-CARE

for the mind

- Take 15 minutes to meditate.
- De-clutter a space.
- Start a compliments jar.
- Purge your social media accounts.
- Listen to your favorite song(s).
- Have a bite of something sweet.
- Do something creative.
- Fix a small annoyance at home.
- Bake something delicious.
- Purge your closet and donate your clothes.
- Watch your favorite movie.
- Organize your closet.
- Read a new book.
- Make a homemade meal.
- Listen to your favorite podcast.
- Drink some tea or coffee.
- Buy yourself flowers.
- Try a new recipe.
- Rearrange a room in your home.
- Organize your computer files.

for the body

- Practice deep breathing.
- Run or walk for 30 minutes.
- Dance like a kid again.
- Stretch it out for 20 minutes.
- Make a healthy food choice.
- Put on your favorite outfit.
- Be still.
- Get 15 minutes of sun.
- Light your favorite candle.
- Find a reason to laugh.
- Nap when needed.
- Join a class or learn a new skill.
- Cuddle with a soft blanket.

for the soul

- Help someone.
- Write out your thoughts.
- Go on a date with yourself.
- Listen to your emotions.
- Spend time with a loved one.
- Play with an animal.
- Splurge on something you want.
- Indulge in a hobby.
- Hug someone.
- Have a stay-cation.
- Treat yourself to a home spa.
- Make a lunch date with a close friend.
- Plan a mini-getaway.
- Spend time alone in nature.
- Write yourself a love note.
- Create a gratitude list.
- Create a collage of your dream home.
- Create a pin-map of all the places you want to visit.
- Create a bucket list.
- Cry if you need to.
- Visit a library or bookstore.
- Look at old photos or videos.
- Read poetry.
- Make a list of short-term and long-term goals.
- Admire yourself in the mirror.

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Ultimate Guide Self Help

**Colin Espie, Jan Scott, Melanie
Fennell, Paul Gilbert, William Davies**

Ultimate Guide Self Help:

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The "More or Less" Definitive Guide to Self-Care Anna Borges, 2019-11-01 Taking care of yourself is not meant to be stressful. This book gives practical tips for implementing self-care in our busy lives. Allure: Some days you need a pick-me-up, some days you need a life preserver. As Anna Borges explains, for most of us, self-care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with. You may already practice some form of self-care, whether it's taking an extra-long shower after a stressful day, splurging on a fancy dinner, or choosing Netflix over that friend-of-a-friend's birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. The More or Less Definitive Guide to Self-Care is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories from experts and everyday people alike into an A-to-Z list, from asking for help to catching some Zzz's. Make any day a little more OK with new skills in your self-care toolkit and energy to show up for yourself. A Foreword INDIES Gold Winner. This self-help guide made me feel seen. Real Simple. A compendium about how to move through the world with a little more kindness for yourself. Bustle. Give this to your Type A friend who runs herself ragged. Los Angeles Times.

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A Physician's Complete Guide to Medical Self-care Timothy Rumsey,Orlo Otteson,1981

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Drummond,2000-05-24 Complete information about suing psychiatric drugs and other treatmentsFrom Atavan to Xanax tens of millions of people are taking psychiatric medication or considering it for their problems In this comprehensive consumer guide Dr Drummond helps the reader determine which symptoms will improve with medication and which will not He explains how to use psychiatric drugs sensibly and safely describing all side effects and how to manage them Most importantly he shows how to integrate their use with other treatments for anxiety depression insomnia ADD bipolar disorder schizophrenia Alzheimer2s disease eating disorders drug dependency and other psychiatric disorders The Complete Guide to Psychiatric Drugs is essential for anyone considering medications as well as for their families caregivers and loved ones Edward Drummond MD Portsmouth NH received his medical education at Tufts and was trained in psychiatry at Harvard University He is currently the Associate Medical Director at Seacoast Mental Health Center in Portsmouth New Hampshire

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