

# *Conscious Self-Care Ideas*

because self-care happens one  
conscious choice at a time



- ~ Watch your breath - simply become aware of it
- ~ Stop – be still - and listen to what’s around you
- ~ Focus on your feet as you walk – feel the ground’s support
- ~ Laugh out loud and move your body – it releases pent up energy
- ~ Inhale to the count of 4 – Hold for 4 – Exhale for 4 – Hold for 4
- ~ Close your eyes – take a deep breath – relax your forehead
- ~ Eat a meal with your eyes closed and really taste the food
- ~ Rest - honor your body - nap and go to bed when you're tired
- ~ Ask for help when you need it - receive help when it's offered
- ~ Put beautiful photography or artwork on your desk and walls
- ~ Use high quality essential oils on your skin or diffuse in the air
- ~ Listen to music - play it on speakers to shift the energy in a room
- ~ Listen to “The Magic Mirror” solo harp CD for 23 minutes/day

*“Conscious Self-Care is any intentional choice that supports our physical, emotional, mental, spiritual, and/or creative well-being”*  
~ Amy Camie

Amy Camie is a Spiritual Harpist, Composer, Author, Speaker  
and Co-Initiator of The ORIGIN Methodology of Self-Discovery

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