



Shared with you by Amy Camie

Contact: amy@amycamie.com * www.ConsciousSelf-Care.Love

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

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Below are simple *“Conscious Self-Care Ideas”* you can include in your emails and newsletters. Use one per issue or use them all at once – it’s your choice.

Please include a link to www.ConsciousSelf-Care.Love

“Conscious Self-Care” ~ because self-care happens one conscious choice at a time

1. Focus on your exhale instead of your inhale – this helps release tension
2. Relax your tongue – this helps quiet your thoughts
3. Stop, be still, and listen to what’s around you – this heightens your senses
4. Focus on your feet as you walk – feel how the ground supports you
5. Laugh out loud and move your body – this releases pent up energy
6. Close your eyes - this helps release tension from too much focus and eye strain
7. Eat a meal with your eyes closed – take your time - taste all the flavors in your food
8. Rest – listen to your body – take naps when needed and go to bed when you're tired
9. Be strong - ask for help when you need it - receive help when it's offered
10. Bring nature inside – add plants, a fountain, artwork, crystals or stones to your space
11. Diffuse high quality essential oils to freshen and clean the air
12. Play music through speakers to shift the energy of a room