

Conscious Self-Care Ideas



Conscious Self-Care is any intentional choice that supports your emotional, physical, mental, spiritual, and/or creative wellbeing.

FOCUS ON YOUR BREATH - this will entrain your breathing, heartbeat, and brainwaves - focus on your exhale vs. your inhale - this helps release tension

BE IN THE MOMENT - slow down & become aware of that with which you are sympathetically resonating

FOCUS ON YOUR FEET - feel the vibrational support of the earth

CHOOSE NATURAL FOODS - feel how they sympathetically resonate within you

MMMMMM - use your voice to create harmony within you

CLOSE YOUR EYES - gently redirects your attention back to yourself

SLOW DOWN - this helps create space within the moment to breathe, be conscious of your choices, and feel when subconscious patterns of behavior start to emerge

EAT WITH YOUR EYES CLOSED - become aware of the lineage within the food on your table and feel how it resonates within your body

RELAX YOUR TONGUE - this helps calm your thoughts, which will entrain your breathing and heartrate

LAUGH & MOVE YOUR BODY - increases oxygen, stimulates heart, lungs, and muscles, circulation, releases endorphins which improves your mood, increasing your resonate frequency

ASK FOR HELP WHEN YOU NEED IT & RECEIVE HELP WHEN IT'S OFFERED - this may help transform subconscious patterns and beliefs around the need to control

BRING NATURE INSIDE - sympathetically resonate with nature's inherent balance by placing in your home or work space photographs, artwork, water fountains, stones, and other natural elements. Use high quality essential oils: aromatically, topically, internally

LISTEN TO MUSIC - Playing music through speakers shifts the energy in a room. Choose music consciously by asking yourself, "What do I want to experience?" Familiar or Unfamiliar