

## Mindfulness and Self-Care

- When you awaken, express gratitude for the new day . . . for having a home . . for health . . . for friendships . . . your work . . .
- Eat nourishing food
- Take time to be silent . . . listen to what's within you
- When caught up in a challenging situation, ask “what is the most important thing right now?”
- Practice new ways of seeing –“you can look at a scar and see hurt, or you can look at a scar and see healing” – Sheri Reynolds
- Offer yourself to others in your vulnerability and your strength
- Create a personal mission statement related to your work
- Identify the ways in which your work both feeds and depletes you personally
- Create a rhythm of action and contemplation in your work day
- Before dialing or picking up that ringing phone . . . take a deep, renewing breath
- Display things that inspire you in your workspace – art, flowers, fresh fruit, sayings, photos
- Do one thing at a time
- Be forgiving
- Remember that it's the little things that count
- When you go to bed at night, express gratitude for the day you were given . . . for having a home . . . for your health . . . friendships . . . for your work