

5 SIMPLE WAYS TO FEEL AND BE BETTER

We want you to be healthier! Here are several tips for your self-care. They will help you and, in turn, can help your patients, families, and friends.



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1

STOP

Stop, take a breath, observe (your thoughts, feelings, emotions — what is happening?), proceed.

2

DO A BODY SCAN

Stand or sit. Notice how your feet touch the ground or body is supported by the chair. Scan up through your body. Notice how your body feels.

3

BREATHE

Focus on your breath. Breathe in and out counting with each inhale and exhale. Count to ten twice.

4

STRETCH

Stand up or stretch sitting down. Walk a quick circuit around your office or house. Take a bathroom break.

5

EAT AND DRINK OFTEN

A healthy snack every 2-3 hours keeps your energy high. Drink water instead of soda or coffee or tea.

Research shows that mindfulness boosts the immune system, reduces stress, helps you focus, fosters compassion and altruism, and enhances relationships.

Here is an easy way to practice mindfulness at work or at home.

STOP
TAKE A BREATH
OBSERVE (what's happening now?)
PROCEED (what's called for now?)

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

—Viktor E. Frankl



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