

JENNY TUCKER - SCHOOL COUNSELOR
CENTERLINE COUNSELING
CENTERLINECOUNSELING@GMAIL.COM
INSTAGRAM - @CENTERLINECOMMUNITY

Five Tools for Simple Self Care

Stack your bones.

SIT UP TALL. FEET FLAT ON THE FLOOR. HEAVY HIPS.

Stacking your bones not only promotes good posture and alignment, but it helps send your attention out of your head and into your physical body. This allows you to practice mindfulness by showing up more fully in the present moment and getting out of your own head.

Breathe bigger.

SEAL YOUR LIPS. BREATHE IN. FILL UP. RELEASE.

Conscious, slow breathing sends a message from your brain to your body that everything is ok and your body can relax. We spend a lot of the day in a heightened state - taking a moment to remind your body it is safe is an effective way to reduce physical symptoms of stress and anxiety.

Look inward.

TAKE THE TIME TO CHECK IN WITH YOURSELF.

What do you do when you want to know how a friend is doing or if they need support? You ask them. So, take the time to journal or meditate and reflect. Ask yourself: what is present for me right now? Is there an area of my life where I need support? This practice can help you become more in tune with your own needs.

Practice non-attachment.

DROP THE STORY.

As humans we have the tendency to attach labels to everything that happens. We want to name every event or thought as good or bad. The practice of non-attachment encourages us to become observers of these events and refrain from attaching a story or a label. Observe the present moment, then move on.

Make your needs known.

WE GET BY WITH A LITTLE HELP FROM OUR FRIENDS.

We are not on this journey alone. Human beings are meant to be in community. Just like you show up for others in the work that you do, allow them to show up for you by seeking out support. There is no shame in vocalizing your needs whether it be to yourself or to a loved one.