



10 Ideas for Self Care During Quarantine

1. Start the Day with Deliberate Thoughts

As soon as you awaken in the morning, give yourself some moments of gratitude. Abraham-Hicks provides a great visual of our thoughts being like vehicles at the top of a steep hill. Which thoughts do you want to give more energy to, gain momentum, & take off in your day?

2. Get Outside

Allow Yourself to Go With The Flow of the Weather – if it is nice outside, make it a priority to enjoy it.

3. Ask Yourself How You're Feeling Each Day

Allow yourself to unload your thoughts and feelings every day – don't allow them to get pent up. Journal, call a friend, ask yourself while taking a shower, whatever works best for you... Asking yourself how you are feeling can help you acknowledge emotions that are & aren't serving you, thus supports you in then releasing what doesn't serve you & deliberately choosing the emotions that do.

4. Eat Foods That Support Your Body

When you nourish your body with plant-based, unrefined foods, you send the message to your body that you care for IT and empower your body to better care for YOU.

5. Reach Out to Friends & Family

Connecting during this time of social isolation helps to reinforce our shared experience & that we are not alone! It is helpful to know that we have the ability to serve others & ourselves even in isolation.

6. Give Yourself Permission to Enjoy This Time

No other time has given us* the flexibility to dictate our schedules to this degree. Allow yourself to do something that fills your cup every day. **This does not necessarily apply to front line workers who are likely working more hours under more stressful conditions. This service is of utmost importance and requires our sincerest gratitude*

7. Teach Yourself or a quarantine-mate a New Skill

Engage your brain in a new way, support your ability to keep your mind flexible.

8. Make Time to Honor the things for which You Are Grateful

You can do this however you want. What is important is that you **FEEL** grateful & that you **communicate** this in some way. A multitude of scientific research demonstrates that focusing on things for which you are grateful helps to raise your frequency, improve immune system function, and improve overall well-being. And you are sending this energy out into the world which is particularly helpful at this time. What the World Needs Now, Is Love, Sweet Love!

9. Plant Seeds to Support your Body, Mind, & Spirit

There is much up in the air at this time & there is no better time to plant seeds. Connecting to the process of growing seeds that become food helps to remind us of the gifts we receive every time we eat. You don't even need access to dirt! You can sprout seeds in your kitchen with a mason jar & water!

10. Send Blessings to Every Human Being & Wish Them the Best

It is not common for us to share an experience like this across the globe and it is a perfect reminder of how we are all connected at our most human level. When we send blessings to everyone, we raise our frequency in addition to raising the collective's frequency.