



ways to be kind to yourself

- 1. Turn off the electronics.** It's great to have access to the world through our devices—but sometimes they can take over and even lead us to compare ourselves unhealthily to others. Set regular times to put down or turn off the electronic devices and take a break.
- 2. Nourish your body.** Fruits and vegetables are full of good things for your body, and we know that our physical health and mental health are connected. Try adding another serving of fresh produce to your day, and remember to choose a variety of colors to get a variety of vitamins. You can buy pre-cut fruits and vegetables to make it easier.
- 3. Take a nap.** We fought it as kids, but as adults we know what a great thing a nap really is. Handy tip: Naps that last longer than two hours can trick our brain into thinking it's time to go to bed for the night and leave you feeling more tired than before, so try a shorter nap. Even a 15-minute “power nap” can make a difference in your day.
- 4. Ask for help.** We all do it—we hint around or just hope people will notice what we need and step in, because asking for help is hard. But in the words of the old song “Lean on Me,” “no one can fill those of your needs that you won't let show.”
- 5. Do something soothing.** What makes you feel calm? A hot bath, a favorite book, cuddling with a pet? Don't wait for a “crisis day” to treat yourself to some soothing time. Do it today!

- 6. Practice gratitude.** Having a grateful attitude is associated with better mental and physical health. Try writing down two or three things you're grateful for each day. After a while, looking for reasons to feel grateful can become a habit.
- 7. Celebrate your victories.** When we're in the middle of a challenging time, it's easy to forget all the other tough times we've come through. Take some time to make a list of things you've accomplished and things you've conquered. Keep it handy to remind yourself that your success rate of getting through hard days is 100%!
- 8. Remember that some is better than none.** We can put a lot of pressure on ourselves to do more, or compare ourselves to others, but we each have different journeys. A five-minute walk is more than a zero-minute walk. One load of laundry is more than no loads of laundry. Answering one email is more than answering no emails. Are you sensing a theme? When you can't do it all, do some—and most importantly, give yourself credit for it.
- 9. Silence your inner critic.** If someone insulted your best friend, you'd leap to their defense! Don't let your own inner critic put *you* down. Defend yourself with reminders of your many good qualities. You can also share some of your inner criticisms with a good friend who will help you see when you're being too hard on yourself.
- 10. Give yourself some slack.** There are good days and bad days. We all do great things, and we all make mistakes. You're not perfect. Nobody is. Tomorrow is another day to make it right, to ask forgiveness, to try again. It's okay. You're doing great. Keep it up.