

# Simple Self-Care

21 Ways to Reconnect with Presence

Nourish yourself frequently with brief pauses.

Experiment 3x/day (2 minutes or less) and notice what is most calming and revitalizing.

MORNING	AFTERNOON	EVENING
<p><b>Breathe Deeply</b> With a soft belly, breathe slowly and deeply in/out through nose 3-10 breaths. Observe effects.</p>	<p><b>Surrender to Gravity</b> Feel all the points of contact. Relax into your supports. Notice pressure, texture, temperature.</p>	<p><b>Tense and Release</b> Inhale and hold breath. Engage feet, legs, buttocks, belly, arms, shoulders, face. Exhale to relax.</p>
<p><b>Just a Minute</b> Set a timer. Feel &amp; follow sensations of the natural breath cycle for 1 minute. (If no timer, count 10-15 exhalations.)</p>	<p><b>Seated Twist</b> Sit or stand tall, hands on waist. Twist torso/ribs to the right. Take 3 deep belly breaths with ease; change sides.</p>	<p><b>Gratitude</b> Name to yourself 3-5 things you are grateful for or appreciate in this moment. Nothing is too big or small. If helpful, write them down.</p>
<p><b>Words of Wisdom</b> Read an uplifting poem/quote. Remember the feeling it inspires as you move through the day.</p>	<p><b>Be Aware &amp; Let Go</b> Notice any tension in the body (eyes, jaw, neck/shoulders, belly, pelvic floor). Allow to soften.</p>	<p><b>Self-Massage</b> Massage each foot (or hand). Feel sensations before, during and after. 30-60 seconds each.</p>
<p><b>Set an Intention</b> Ask, "What attitude or way of being would be most supportive today? How do I want to be?"</p>	<p><b>Stop and Listen</b> Sit (or stand if you've been sitting). Rest here and listen to sounds near, far and in the midrange.</p>	<p><b>Mindful Check-in</b> Observe body sensations, thoughts and emotions. Do nothing about them, just notice with curiosity.</p>
<p><b>Morning Stretch</b> Just after waking, stretch intentionally. Take a few deep breaths; observe sensations.</p>	<p><b>Look Out the Window</b> Stop whatever you're doing and look out at the sky, trees, light, whatever is in your view.</p>	<p><b>Pet a Dog or Cat</b> Notice how being fully present helps you slow down and enjoy a sense of connection.</p>
<p><b>Open to Support</b> Silently ask Life to guide and support you through this day. Place hands on your heart to receive.</p>	<p><b>Shoulder Shrugs</b> Inhale to shrug shoulders toward ears; hold breath, squeeze; exhale to release. 3x</p>	<p><b>Good Medicine</b> Laugh or smile awhile; listen to music you love; sing, dance—notice what uplifts your energy.</p>
<p><b>Square Breathing &amp; 4:7:8</b> Inhale for 4 beats, hold for 4, exhale for 4, rest for 4. <i>OR</i> Inhale for 4 beats, hold for 7, exhale for 8.</p>	<p><b>Mantra Marinade</b> Repeat a positive phrase to yourself like, "May I be at peace. May I be held in compassion."</p>	<p><b>Do Nothing</b> Lie down, legs resting on a chair, knees bent at a right angle. No agenda or expectations. Just BE.</p>



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