

Simple Self-Care

21 Ways to Reconnect with Presence

Nourish yourself frequently with brief pauses. Experiment with three practices daily—each for 2 minutes or less—and notice what is most calming and revitalizing.

MORNING	AFTERNOON	EVENING
<p>Deep Breaths Allow the belly to relax as you breathe slowly & deeply, in & out through the nose, for 10 breaths.</p>	<p>Surrender to Gravity Feel all the points of contact where you're sitting or standing, and relax into your support.</p>	<p>Tense and Release Engage then relax: feet & legs, buttocks & pelvis, torso, arms & hands, neck & head.</p>
<p>1-Minute Meditation Using a timer or stopwatch, feel & follow the natural breath at the nostrils or belly, counting exhalations for 1 minute.</p>	<p>Seated Twist Sit (or stand) tall, hands on hips. Twist torso to the right. Take 3 deep breaths; release tension on exhalation; change sides.</p>	<p>Gratitude Name to yourself 3-5 things you appreciate in this moment. Nothing is too big or small. If helpful, write them down.</p>
<p>Words of Wisdom Read an uplifting poem or quote. Remember the feeling it inspires as you move through the day.</p>	<p>Be Aware & Let Go Notice any tension in the body (jaw, neck/shoulders, belly). Release on exhalation.</p>	<p>Self-Massage Massage each hand and/or foot; Feel sensations before, during and after. 30-60 seconds each.</p>
<p>Intention Take a moment to ask yourself, "What attitude or way of being would be most supportive today? What matters most?"</p>	<p>Stand Up or Sit Down Stop, stand up from computer, driving, etc., or sit down if you've been on your feet.</p>	<p>Mindful Check-in Observe/experience body sensations, emotions, & thoughts. Do nothing about them, just notice.</p>
<p>Morning Stretch Before getting out of bed, stretch intentionally. Take a few deep breaths, and feel the sensations.</p>	<p>Look Out the Window Stop whatever you're doing and look out at the sky, trees, light, whatever is in your view.</p>	<p>Pet a Dog or Cat Notice how being fully present helps you slow down and enjoy a sense of connection.</p>
<p>Open to Support Silently ask Life to guide and support you through this day. Place hands on heart to receive.</p>	<p>Shoulder Shrug Inhale to shrug shoulders toward ears; squeeze, then exhale to release. Repeat twice more.</p>	<p>Legs Up Before sleep, or anytime, place legs up on a wall or chair. Breathe slowly & deeply.</p>
<p>4-7-8 Breath Inhale through nose for 4 beats; hold for 7; exhale through mouth for 8 (four breath cycles).</p>	<p>Mantra Repeat a positive phrase to yourself, e.g., "May I be safe and at peace." "May I be held in compassion."</p>	<p>Do Nothing Just stop for 1-2 minutes and do absolutely nothing. No agenda, no expectations, just BE.</p>



east bay yoga

Wendy Beckerman
wendy@eastbayyoga.com
510-710-7102