

Self-Care: In 5 Minute or Less

Set the timer and get in action. Action begets action. Make time to have time.

PHYSICAL ACTION

- Sit ups 100x
- Sun Salutes [click here to see](#)
- 3 Sets of Arms with Weights
- Walk around the block
- Get on indoor bike or treadmill
- Go up and down stairs
- Dry brush your skin before shower
- Oil your feet or your body
- Find a Squats/Lunges Workout on Youtube
- Play wrestle with your kids/dogs

HOUSE/OFFICE

- Load or Unload Dishwasher
- Sweep the floor
- Clean Litter Box / garbage out
- Weed the yard or prune plants
- Delete emails in your inbox or sort mail
- Clean your purse/ briefcase
- Sort through a junk drawer
- Wipe down a mirror or sink
- Update calendar and schedule time for self
- Fold/put away clothes

MENTAL ACTION

- Watch yourself breathe
- Savor the flavors of your food
- Feel wind/air on your skin
- Notice things around you
- Journal about what you want
- Call someone and tell 'em you love 'em.
- Read a poem or inspiring article
- Savor your senses: listen, smell, touch, taste and see
- Pray
- Notice your body and how it feels from the inside