

Self-Care *for* People Who Don't Have Time

Ordinary & *Happy*

5 - M I N

- Quickly step outside for fresh air.
- Roll your shoulders when seated.
- Spray your face with a face mist.
- Massage your temples, hands, or wrists.
- Light candles and use diffusers to create a relaxing atmosphere.
- Reapply moisturizer or hand cream in the bathroom.
- Work or do chores by a window with sunshine beaming in.

S I M P L E

- Take three deep breaths before starting a new task.
- Take very short but intentional breaks between tasks.
- Keep uplifting and positive reminders around you, like family photos.
- If you journal, keep your questions short and limit your answers.
- If there's a lot going on, just step outside for a few moments to center yourself.

S T A I V I N G

- Use movement reminders.
- Use a guided stretching app.
- Try a meal delivery kit.
- Keep a folder of template replies for emails or messaging instead of writing everything out.
- Use simple habit or goal trackers that simply require you to check off the day.
- Listen to audiobooks, podcasts, or music when cooking or doing chores.

S T A I V I N G

- If possible, use commute time for planning, journaling, or trying to get ahead.
- Cook more one-pot meals that can be eaten the following day or frozen to give you breaks on weeknights.
- Use quieter times or TV time to squeeze in workouts, like stretching or jump rope.

T Y T O U R S E F O R F

- Block off non-negotiable 'me' time, even if it's just 15 min.
- Use headphones (or noise-canceling headphones) to help give you space or focus.
- Set mute times to stop constant notifications distracting you.
- Create 'no work talk' or 'no-screen time' zones or spaces at home for the whole family.

D I G I T A L

- Set screen time limits.
- Try voice-to-text journaling or messaging and see if it saves you time.
- Delete apps or mute notifications that constantly distract you.
- Set your wallpapers or backgrounds to photos that make you happy.
- Use an app that sends you self-care prompts.

D I G I T A L

- See if you can automate some tasks or set up auto-responders.
- Link your calendars to your inbox or messaging services for auto-created events and reminders.

M O R E

- Keep a big pitcher of ice water with lemon or cucumber in the refrigerator.
- Try to schedule your day around when you have peaks of energy.
- Look in the mirror and repeat three kind things to yourself before you continue with your day.