



Connecting to Oneself: Scheduling Self-Care

This exercise builds off of September's Schedule Wheel. When our schedules are very full we often neglect time for ourselves. This month we're focusing on making connections with ourselves and others. You've probably heard the analogy of putting your own oxygen mask before you can help anyone else... it's one of our favorites because it is so true! If you aren't taking time to connect with, and care for yourself, it will be nearly impossible to make meaningful connections with others.

Refer back to your schedule wheel. Where can you carve in a little more time for yourself? **In order to successfully build a new habit or create a new routine, it is essential that we anchor it to something we already do.** Consider the following routines that are likely embedded in your schedule already... when might you best squeeze in some self care?

- As soon as my alarm goes off I will...
- While my coffee/tea is brewing I can...
- Before I brush my teeth...
- On the way to work...
- On the way home from work...
- For 5 minutes as soon as I walk in the door
- After I brush my teeth each night...
- Just before I climb into bed...

Practicing a self-care strategy for just 5-minutes a day is a great way to start nourishing yourself! Consider the following quick practices:

- Guided Meditation (we love fragrantheart.com)
- Guided Body Scan
- Guided Deep Relaxation
- Ready Break
- Technology/Distraction Free Walk
- Breathing Exercises
- Journaling
- Drawing
- Inspirational Reading

Remember, it takes time to build a new habit or routine. To set yourself up for success, start by anchoring the activity to something you already do. Log your progress on the calendar. Finding an accountability partner can be another great support.