Self-Care Practice

Ask yourself:

- Did I get enough sleep?
- Have I moved my body in a way that felt good?
- Did I drink enough water and eat food that nourished me?
- Have I taken a break - just for me and no-one else - even for 10 minutes?
- Have I shared how I'm feeling (happy or sad), either with someone I trust or by writing it down?
- Have I done something that made me feel joyful or peaceful?
- Did I say no to something that drained me?

If some of your answers are a no is there something you can do, something you need to do to look after yourself *right now*? Then go do it!

Reflection

Spend some time thinking about the past week. Are there any surprises? Any beautiful or unexpected moments of joy? Are there some things you want to do differently next week, or is there some stuff you want to do *more* of?

Remember

This is not a competition, or a test. While being able to say Yes! to all the prompts is great, the reality of your life might make this difficult. Don't beat yourself up - remember, these are just prompts, a nudge toward the habit of self-care. Instead:

"...just do the thing, once, with absolutely no guarantee you'll ever manage to do it again. But then perhaps you find you do do it again, the next day or a few days later, and maybe again, and again – until before you know it, you've developed that most remarkable thing, not a willpower driven system or routine, but an emergent practice...Something you do not solely to become a better sort of person – though it might have that effect to – but because whatever you bring into reality, is worth bringing into reality for itself."

[Burkeman, Meditations for Mortals, p13]