

Tips for Emotional Self-Care

Shared by the participants of the Keys to Finding Calm workshop with Tasha Belix, August 4, 2020

Mindful tea making... love it! Cooking/making coffee mindfully is such a great reset!

Painting is also something I'm drawn to trying, thanks for sharing Atania!

chakra dance

<https://www.dailyom.com/cgi-bin/courses/courseoverview.cgi?cid=928>

Great guided mindfulness meditations at tarabrach.com

Let a sheet float down on top of your body

Insight Timer is a free meditation app - I love it! There are guided meditations, talks, and calming music

Headspace meditation/ mindfulness app

Go biking or play tennis to get out of my head

The song "Trigger Protection Mantra" by Jhene Aiko

Building fires, from a single candle to a bonfire!

Liberate App "<https://liberatemeditation.com/> meditation app for the Black, Indigenous, and People of Color community"

I count my pulse to get in touch with my body

Garden - great for clearing the mind!

Finding something simple to accomplish. Organizing a drawer. Picking up in the living room. A small task that will visually be different.

Five finger breathing is also a great tool I use with youth and myself.

HALT - pause and ask, am I: Hungry, Angry, Lonely, Tired? Do a check in with yourself..

BCRV - Breathing, Cognitive Restructuring, Relaxing the Body, Visualizations

Connect the dots. take a photo on my walks and share with friends so they share theirs

Doodling with needle and thread, embroidering without a particular design in mind...

Reminiscing on the positives of the day and looking for the small beauties of the day.

Take a cold cold shower / jump into a cold lake

Wim Hof Method, cold water exposure and breathing meditation

A little bag of fidget toys. With hard, soft, rough, smooth, a shell, rock, piece of wood ...

Talk and sing to, hug and touch plants/trees

FIDGET TOYS!

RAIN from Tara Brach - an acronym that is also helpful for self-regulation

Read poetry: Rumi the Guest House The Guest House*

Fix / build something physical

One of my favorite mindfulness orgs: <https://cmbm.org/>

Dr. James Gordon's book of teachings

Listen to a particular 20 min song dedicated to my favourite God calms me down...

Beautiful Chorus makes beautiful mantras as well

The book title: Transformation

Break, look around, observe and name things

Use a mindfulness bell app by Tich Nat Hahn

Hug a toy! Tell them something nice or share how I feel, or play with them in a way they tell me something or offer me a hug.

Sing a song I learned from PYE: "I Am Worthy"

Heart-Focused Breathing, quick coherence technique (heartmath.org)