SELF-CARE 5-MINUTE MINDFUL TIME-OUTS

- Boost your mood with feel-good music during breakfast.
- Listen to a motivational podcast or audiobook whilst driving or commuting.
- Meditate for five minutes.
- Get outside for a few deep breaths of fresh air and a Vitamin D Boost.
- Smile for no reason.
- Reflect on one good thing that's happened today and how you contributed to it.
- Drink a glass of warm water with a slice of ginger or lemon when you wake up.
- Add extra vegetables to your meal.
- Practice saying "NO".
- Text a friend with a 'just thinking about you, how are you going today?' message.
- Practice being present in the moment for micro-experiences, such as smelling a flower, stroking a pet or listening to a melody. Notice all the details around you.
- Say a positive mantra whilst washing the dishes.
- Rest in silence for just five minutes.

Trust that you are blessed, even when you forget that you are blessed.

Take care of yourself,

Susan DUNLOP