

## **Some SELF CARE Practices to Get you thru the Day**

Each week I keep hoping there will be a break in the coronavirus madness, but it sounds like this week is more “bracing” than breaking! Here are some practices I hope you find helpful during this persistently uncertain time.

1. Using mindfulness meditation practices to completely acknowledge whatever you might be feeling right now. A meditation practice gives us the freedom and discernment to sit with and feel into life exactly as it is in each moment. The anxiety is there. The moments of calm are there too. Noticing without judgment opens up your capacity to be with whatever is arising. Not sure? Join us on Community Meditation to strengthen your daily practice.
2. DANCE! Put on your favorite song and have a SSDP (Single Song Dance Party!). This is a potent practice - in fact it's good for every day stress too.
3. Getting out in nature if possible (safely). Feel the ground beneath your feet. Then notice how nature around you is continuing to do its thing. Notice the fresh air on your skin. If it's available, stick your toes in some water or grass or sand.
4. Sky gazing. During the day noticing the vast sky. At night noticing the moon (nearly full!) and stars. It sounds simple, but it takes our myopic constricted current world view and opens up to how vast our world really is - this too shall pass.
5. When you're on social media, asking yourself, “Is this helpful and is this kind?” before posting. A lot of people are dealing with life's uncertainty at this moment in their own way and frankly sometimes it comes out sideways. Empathy and compassion go a long way for this.

Forgiving yourself when you have done as much as you can for one day and allowing yourself to read, write, daydream, or watch a little Netflix. Rest and Restore is key.