



Simple Self Care Strategies You Can Implement in 5 Minutes or Less per Day

It's easy to neglect self-care in the hustle and bustle of daily life. However, taking care of ourselves is essential for our overall well-being, health and happiness. In this guide, you'll discover 9 quick and effective self-care practices that you can easily incorporate into your daily routine. Pick one or two to start with today.



1. **Deep Breathing:**

Take a few moments each day to practice deep breathing. Find a quiet space, close your eyes, and inhale deeply through your nose, allowing your abdomen to expand. Exhale slowly through your mouth, releasing any tension or stress. Deep breathing promotes relaxation and reduces anxiety, leaving you feeling calm and centered. One easy option for this is to breathe in for a count of 4, hold for a count of 4 and breathe out for a count of 4, and repeat 5 times.



2.



Stretching:

Sitting for long periods can lead to muscle tension and stiffness. Combat this by taking a five-minute stretching break. Stretch your arms, legs, neck, and back to release tension and improve blood circulation. Stretching not only relaxes your muscles but can also boost your energy levels.

3.



Mindful Walk:

Take a brief mindful walk outside, even if it's just around the block. Pay attention to the sensations in your body, the sounds around you, and the sights you encounter. This mini nature break can help clear your mind, improve focus, and increase your connection with the present moment.

4.

Gratitude Journal:

Spend a few minutes each day jotting down things you're grateful for in a gratitude journal. Focusing on the positive aspects of your life helps shift your mindset and cultivates a sense of appreciation. It's a simple practice that can bring more joy and contentment into your day.



5.



Mini Meditation:

Carve out five minutes for a mini meditation session. Find a comfortable spot, close your eyes, and focus on your breath. Allow any thoughts that arise to pass without judgment. Regular meditation practice can enhance mental clarity, reduce stress, and promote emotional well-being. A couple of great apps for meditation are Headspace, and Calm.

6. **Tea Break:**

Pause during your day for a soothing tea break. Prepare a warm cup of herbal tea and savor it mindfully, paying attention to the flavors and sensations. This simple act provides a moment of relaxation and encourages a mindful pause amidst your busy schedule.



7.



Affirmations:

Take a moment to repeat positive affirmations to yourself. Choose affirmations that resonate with you and uplift your spirit. Repeat them silently or out loud, reinforcing positive self-beliefs and boosting your confidence. Ideal is to do them in front of a mirror.

8. **Get outside:**

Sometimes, a quick change of scenery, sunshine and fresh air can be an instant mood changer and de-stresser. This could be to enjoy a meal, do some gardening or just enjoy sitting out on your patio, porch or yard to breathe in some fresh air.



9. Anything that brings you happiness:

What do you do that brings you joy? Reading, dancing, singing, listening to music, painting, drawing, something else? Spend time each day doing something that makes you happy.



10.



Get enough sleep:

Prioritizing sleep can be one of the best forms of self care. When you are well rested, you feel better, and you get through the day feeling more energized.

Incorporating self-care into your daily routine can help reduce stress, improve your mood and increase your sense of overall wellness. What routines can you start incorporating each day? E.g.

- *Every morning I will wake 10 minutes earlier and spend 5 minutes meditating then look in the mirror and say affirmations for 5 minutes.*
- *Throughout the day I will set my phone / watch to remind me to deep breathe.*
- *I will be spontaneous and try to sing, laugh and dance around the house to my favourite music.*
- *Every day I will spend 5 minutes writing in my journal.*
- *I will make time every evening 30 mins before bed, to work through the Gupta Program app.*

