

TOP 10 Self-Care

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1



Train you brain – What new neural pathways can you start to build today to make self-care a non-negotiable? Good news: YOU have the power!

2



Finding Motivation – Waking up with a purpose! Writing down three goals, life savers & mindfulness are all great ways to start your day!

3



Positive self affirmations – Be kind to yourself. Some examples of affirmations: I know my worth, I can get through this, I am loved, I am smart or I am kind. What else can you tell yourself today?

4



Judgement free zone – Judgements & gossip only limit yourself. Make sure you're continuing to build relationships, and seeing conflict as an opportunity to grow and learn, not an obstacle we ignore or set aside.

5



20/20 Rule – Any amount of time you set to vent/gossip requires the same amount of time for forward focused solutions.

6



Take F.I.V.E – F - Figure out what is the conflict? I - Is this going to matter in five minutes, five days or five years? V - Visualize how you would feel if you could resolve the conflict? E - Evaluate what is your role in this conflict, and your responsibility in mending the relationship.

7



2X10 – Two minute conversations for 10 days with someone you don't know well, or have had past conflict with. Go relationship GROW!

8



3...2...1! – Three things you're proud you did today. Two things you made bigger than it needed to be, and one thing you will try and do better at tomorrow!

9



Social Media – Challenge yourself! Can you reduce your screen time to 30-60 minutes today?

10



What's your why? We must have our own mission of why self-care is valuable to us. We have the power to to give what's best of us, not what's left.