

# R.E.A.L Goal<sup>SM</sup>: Self-Care

(Realistic, Easy, Attainable, Life Goals)

**Example:** I will plan to practice short moments of self-care.

## The benefits:

- Increases focus and productivity
- Build resilience
- Boost the immune system
- Increases and improves self-compassion
- Creates a sense of overall well-being

## What is self-care?

Self-care is any intentional activity that you do to take care of your mind, body, and spirit. In order to experience the true benefits, the activity needs to be something you enjoy, and it requires deliberate action, an attitude of openness, and a willingness to pay attention to your personal needs. Self-care can be quick, and the activity can be a simple thing that you do on a regular basis to recharge. The key is to be present, let go of the daily distractions, and embrace the moment.

## Evaluating what you need:

- If you had an extra hour right now, what would you do with it?
- What would make your life a little easier right now? What is a simple action towards that step?
- What are you feeling? How can you express and release the feelings?
- Do you need calmness, or do you need something energizing?
  - What helps you feel calm or energized?
- What are your favorite ways to move your body?
- What weighs you down that you could consider letting go of (including clutter)?
- What do you want to do, learn, explore, savor, etc.?

## Ideas to get you started:

- **Reflective hike:** Do you want to work out but don't want to pay for the gym membership? Try getting outdoors. Think about your day during the hike or focus on the sounds and smells around you. Listen to the earth and trees as you walk.
- **Read:** Find the comfiest spot and grab a book, magazine, or article you want to read. Take some non-judgmental/guilt-free time and dive into something enjoyable to read.
- **Designate a meditation zone** (Use Apps like Headspace or Calm): Find a spot and create a calming space. You don't need a whole room. It can be a corner in your bedroom or living room. Add a pillow or plant to the area to make it your own. Sit or lie down for 15 minutes and let the magic of the space do its work.
- **Mindfulness during routine activities:** When doing the dishes, mowing the lawn, or walking, practice being in the moment without judgment and with open curiosity. Be present with what you are doing; feel the temperature,

the sounds, and the smells. Take deep breaths during the activity, and if your mind wanders during the task, bring your mind back to the breath and the activity.

- **Create a gratitude list:** Writing down what you are grateful for can help center you after a busy day. This can be something small like feeling the sunshine on your face. The simple act can increase happiness and is a good reminder to live in the moment.
- **Create a happiness jar:** Take a few moments and write down activities that you enjoy doing or want to do. These can be things like taking a bubble bath or watching an episode of your favorite show. Write all the activities down, and when you need a pick-me-up, pick one out of the jar and enjoy the moment by doing what it says.
- **Make happiness rocks:** Collect some rocks and add some fun pictures or inspirational words. You can spread them around your space or pick one each day to use and think about how you can accomplish the state that is on the rock for that day. Another idea is to spread happiness by hiding the rocks in your neighborhood or community for others to find.
- **Laugh:** Even if you are not in the mood, the simple act of smiling can have a changing effect. Google laughter yoga and start laughing.
- **Take care of something:** Find a quick task you have been putting off. Make that appointment, plant the tree you have been meaning to plant, or do the errands. Taking the time to get a task done can be rejuvenating.
- **Decorate a wall:** Is there an office wall or a place in your home you want to spruce up? Find pictures around your home and add them to your space. Do you have some decorations or knick-knacks you have been storing? Bring them out and see if they will fit in the space.
- **Make a “no” list:** Boundaries are healthy and, with practice, become easier to maintain. Make a list of those things that you no longer want to do, don’t like to do, or the habits that need to change. Some examples – are putting the phone away after a certain time at night, not checking the phone during meals, not email checking at night, and staying in vs. going out.

### Explore more [Real Goals and Supplemental Resources](#)

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