**Self-Alchemy**

**Self-care, self-love list**

**Physical**

* Stretch
* Exercise
* Go for a walk
* Get a massage
* Take a bath
* Swim
* Dance
* Play
* Wiggle your hips
* Create a sleep ritual that helps you get better sleep
* Take naps
* Drink more water – it’s very important to stay hydrated!
* Make healthy food choices
* Yoga
* Create comfortable surroundings
* Tune in and listen to your body’s needs
* Practice giving it what it wants

**Mental**

* Don’t believe your thoughts
* Choose consciously what you focus on
* Tune in to your body and felt sense of knowing
* Practice saying NO when that feels right to you
* Practice saying YES when that feels right to you
* Practice saying MAYBE when that feels right to you
* Get outside
* Phone a friend
* Exercise
* Listen to or read things that lift you up
* be mindful of your self-talk
* Keep a journal
* Have a regular gratitude practice
* Be mindful of what you consume – food, telly, news, etc
* Listen to guided meditations that soothe and ground you
* Let go of people and situations that no longer serve you
* Surround yourself with people who lift you up

**Emotional**

* Don’t be attached to your emotions
* Emotions = energy in motion, let them flow
* Don’t be attached to the story, just feel the feeling fully
* Use your body to express the feeling behind the story
* Practice being present rather than living in the past or future
* Love yourself just as you are
* Be kind and gentle with yourself
* Get help and support
* Get hugs if you like them
* Have alone time
* Allow yourself to really feel whatever is coming up for you
* Get grounded
* Walk barefoot in grass
* Meditate
* Cuddle up with pets
* Do some physical work or exercise
* Focus on your breathing

**Spiritual**

* What nurtures your soul? What really fills you up, makes your heart sing, makes you feel satisfied and content? Do more of that!
* Be creative
* Cook with love
* Sing, dance, move
* Make art
* Make or play music
* Connect with nature
* Read or write poetry
* Pray or meditate
* Practice being totally present in the moment
* Express your sexual self
* Do what you need to do to get connected to Source
* Hug a tree – try it, it really works! ☺