We’ve all heard it before: you have to take care of yourself before you can help others. This perennial advice is the basis of self-care. Here are some kindness tips that you can practice for yourself to help reduce stress and anxiety.

The Basics:

• Deep, calming breaths (there are apps that can help)
• Drink some water or something warm, like tea
• Personal hygiene: brush your hair and teeth, wash your face, have a bath or shower, put on clean clothes
• Practice mindfulness and self-compassion: you are enough, you are worthy, you will get through this
• Do some stretches, move your body
• Get some fresh air (open a window, go outside, visit a park or nature space)
• Aromatherapy (breath in some favorite foods, spices etc, light a scented candle, use some essential oils)
• Put on your favorite music, video, movie or TV show

Deeper Dives:

• Yoga
• Meditation
• Read a book
• Unsubscribe, mute and/or unfollow any emails or social media accounts that bring you stress
• Make a list or vision board of things that you love about yourself and/or things that inspire you
• Cook or bake some homemade food
• Declutter/tidy your spaces
• Tackle one outstanding task that’s been challenging you (a chore, an errand, a social obligation etc).
• Create something (writing, music, art, craft etc.)

Resources:

• [https://www.blessingmanifesting.com/](https://www.blessingmanifesting.com/)
• [https://www.mentalhealthamerica.net/taking-good-care-yourself](https://www.mentalhealthamerica.net/taking-good-care-yourself)
• [https://www.calm.com/](https://www.calm.com/)