



By Bob Wilson BS, DTR

*Cultivate health! Celebrate well-being!
Vitality/aliveness/well-being is more than a number on a scale!
Ask yourself: What's NOT wrong?*

Come to the banquet table of life. Learn to nourish yourself in ways that provide lasting nourishment to the soul (heart). Practice the recipes for nourishing the heart.

Learn the art of cultivating joy. Ask yourself, what nourishes joy in me? What nourishes joy in others? Do I nourish joy in myself and others enough? Do I enjoy the precious jewels that I have?

Daily Check-in:

- ❖ Notice if there's suffering (obstacles/patterns that don't work well).
- ❖ See a cause
- ❖ See a way out, and a path that shows the way out.
- ❖ Practice the path

Ideas for Self-Nurturing Activities Circle FUN ones! (* = FREE)

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| <i>Listen to my favorite music</i> | <i>Work out with weights</i> | <i>gift I can afford</i> |
| <i>Enjoy a long, warm bubble bath</i> | <i>Ride a bike or motorcycle</i> | <i>Take myself on a vacation</i> |
| <i>* Go for a walk</i> | <i>Make myself a nutritious meal</i> | <i>Create with clay/pottery</i> |
| <i>* Share a hug with a loved one</i> | <i>Draw/paint a picture</i> | <i>* Practice positive affirmations</i> |
| <i>* Relax outside</i> | <i>* Swim, float, wade, relax in a pool, or on the beach</i> | <i>* Pet an animal</i> |
| <i>* Practice feeling contented</i> | <i>Do aerobics/dance</i> | <i>* Watch my favorite TV show</i> |
| <i>* Physical activity (of my choice)</i> | <i>Visit a special place I enjoy</i> | <i>* Reflect on my successes: "I CAN..."</i> |
| <i>* Spiritual prayer</i> | <i>* Smile & say: "I love myself."</i> | <i>Make a bouquet of flowers</i> |
| <i>* Attend a caring support group</i> | <i>* Take time to smell the roses (and other flowers I enjoy!)</i> | <i>* Relax: watch the clouds</i> |
| <i>* Practice diaphragmatic breathing</i> | <i>* Imagine myself achieving my goals and dreams</i> | <i>Make myself something nice</i> |
| <i>* Do stretching exercises</i> | <i>Go horseback riding</i> | <i>* Visit a park/woods/forest</i> |
| <i>* Reflect on my positive qualities: "I am..."</i> | <i>* Reflect on "my most enjoyable memories"</i> | <i>Read positive, motivational literature</i> |
| <i>* Watch the sunrise/sunset</i> | <i>* Enjoy a relaxing nap</i> | <i>* Reflect on: "What I value most in life..."</i> |
| <i>* Laugh</i> | <i>Visit a museum/art gallery</i> | <i>Phone a special friend</i> |
| <i>* Concentrate on a relaxing scene</i> | <i>* Practice yoga</i> | <i>Go on a picnic in a beautiful setting</i> |
| <i>Create a collage representing "the real me"</i> | <i>Relax in a whirlpool/sauna</i> | <i>Enjoy a gourmet cup of herbal tea or coffee</i> |
| <i>Receive a massage</i> | <i>Enjoy a cool, refreshing glass of water or juice</i> | <i>Participate in a favorite sport, game, recreation</i> |
| <i>* Reflect on: "I appreciate..."</i> | <i>* Enjoy the beauty of nature</i> | <i>* Practice a relaxation exercise</i> |
| <i>Write my thoughts and feelings in a personal journal</i> | <i>* Count my blessings: "I am thankful for..."</i> | <i>* Practice the art of forgiveness</i> |
| <i>Attend a favorite athletic event</i> | <i>* Play as I did as a child</i> | <i>Treat myself to a nutritious meal</i> |
| <i>Do something adventurous!</i> | <i>* Star gaze- stay up late, get up early!</i> | <i>at a favorite restaurant</i> |
| <i>Read a special book or magazine</i> | <i>* Window shop</i> | <i>Participate in a hobby</i> |
| <i>* Sing, hum, dance or whistle a happy tune!</i> | <i>* Daydream</i> | <i>* Practice feeling awe for life</i> |
| <i>Play a musical instrument</i> | <i>* Tell myself the loving words I want to hear from others</i> | <i>* Discover a new place</i> |
| <i>* Spiritual meditation</i> | <i>Attend a special workshop</i> | <i>* Hug a tree!</i> |
| <i>Work with plants (gardening)</i> | <i>Go sailing/paddleboating</i> | <i>* "Meow" with a cat; "bark" with a dog, "chirp" with a bird!</i> |
| <i>Learn a new skill</i> | <i>Reward myself with a special</i> | <i>* Create my own list of self-nurturing activities</i> |
| <i>See a special play, movie or concert</i> | | |