

Self-Care Reset Plan



Why? Self-care is a proactive means of supporting our overall wellbeing and mental health. Foundational Self-Care helps us to replenish essential mind and body resources that allow us to navigate daily life.

How? Engage in a simple three step Self-Care Reset. You may also like to listen to the audio track of this short four minute practice via the Mindarma podcast [here](#).

Step 1: Pause

Take a moment just for you. Take two slow inhales and exhales. See if you can extend the exhale a little. This supports the nervous system, allowing the body and mind to relax. Next, tune into your body, noticing any areas of calmness and stillness and any areas of residual tension or stress. What area is most calling your attention in this moment?

Step 2: Offer Support

As you attend to this area, notice how it feels – is it tight or loose; heavy or light; tingly or stiff; still or moving? See if you can acknowledge the feeling and allow it to be there for a moment, for example here's stress, here's tension, here's tightness or here's fatigue. Then offer this area a gesture of kindness and care. Try placing a supportive hand on this part of the body or offering words of encouragement and understanding.

Step 3: Choose an Action (nourish your body)

Now consider, what does my body need most from me right now? Does it need to stretch and move? Does it need nutritious food and sustenance? Does it need more rest and sleep? Does it need some time away from devices? Does it need words of encouragement and support? Notice any "should-ing" that may emerge here and let it be. Give yourself full permission to be your own friend and guide. What small action can you take in the coming hours/days that will truly nourish and support your whole being?

“Here's the thing about self-care. It involves you regularly engaging in those activities that restore your vital energy. These actions are central to your wellbeing and allow you to honour all the important values in your life. Self-care is never selfish, you simply cannot serve from an empty cup.”

~ Mindarma



Tick an area of Foundational Self-Care that you will focus on this week. Set **one** action:

Sleep

Examples: set a wake-up and a wind-down alarm on your phone; turn off devices 30-40 mins before bed; limit light exposure; read a book; take magnesium; limit caffeine intake after 3pm; take a short nap (10 – 20 mins); engage in slow mindful stretching/restorative yoga or have bath/shower to relax muscles; have a mindful cup of herbal tea; listen to a favourite mindfulness track or restorative sleep meditation before bed; listen to relaxing music as you go to sleep.

Your one action:

Movement

Examples: take 5 mins to stretch neck and shoulders; go outside for a 10-15 min walk at lunch; take a longer walk in nature on the weekend; play with your pet outside; attend a yoga or dance class; cycle around the block after work; organise a regular coffee break with your colleague with a walk on either end; throw a ball around the park with your kids.

Your one action:

Sensory Diet

Examples: set timers around social-media; be mindful of doom-scrolling; choose content that inspires and uplifts you; put phone on airplane mode; engage in a one-day digital detox on the weekend (all platforms); leave your phone at your desk when you have a tea/coffee break; turn smartphone on airplane mode at lunch; engage a "no-device zone" at the dinner table.

Your one action:

Nutrition

Examples: pack your lunch; add one extra healthy high fiber food to each meal; pause and sit down for lunch; eat mindfully (chew slowly, pause to notice colour, taste, texture and aroma); take a prebiotic or eat foods rich in inulin (whole wheat, onions, garlic, berries, artichoke); cook your favourite meal on the weekend; have healthy options close by for an afternoon snack (apples, carrot sticks, strawberries).

Your one action:

“Take a moment right now, just for you. Offer yourself some words of encouragement and kindness. Life is often strange and rarely predictable. Give yourself permission to be your own good friend.”

~ Mindarma

Tip: You may wish to explore session nine (Brain and Body Boosters) in the Mindarma program and additional resources in the Brain Food Section.

