

# Top 10 Practices for Daily Self-Care

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# 1. Wake up and visualize a great day ahead

Thoughts:

- Thank you for everything I will be given on this day
- Today I am looking forward to:

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- Today my opportunities include:

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## 2. Set a goal (or two) for the day

Thoughts:

- Today I will \_\_\_\_\_
- At (insert time of day) I will \_\_\_\_\_

Hint: make your goal specific, measurable, action-oriented, realistic, and timed (SMART!)

**I CAN AND I WILL**

*watch me!*

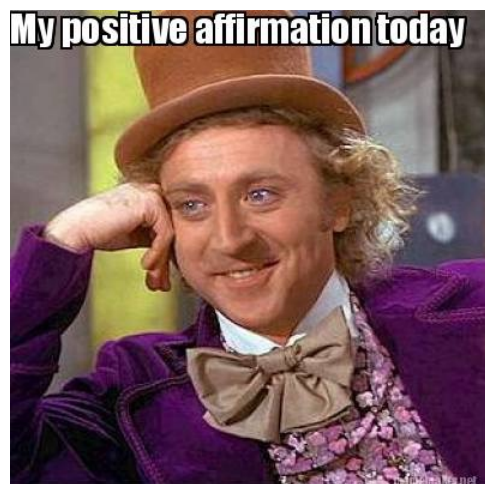


## 3. Say your self-affirmation; say some mettās for loving-kindness

### Basic self-affirmation template:

“I am a \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
woman/man/person”

(Insert three adjectives that resonate  
with you!)



### Mettās for loving-kindness

- May I be healthy and strong
- May I be happy and peaceful
- May I be free from inner and outer harm
- May I take care of myself with wisdom, love, joy, and compassion



## 4. Dedicate 5 minutes to an avalanche of appreciation

Thoughts:

“I’m so grateful that \_\_\_\_\_”

“I really appreciate \_\_\_\_\_”

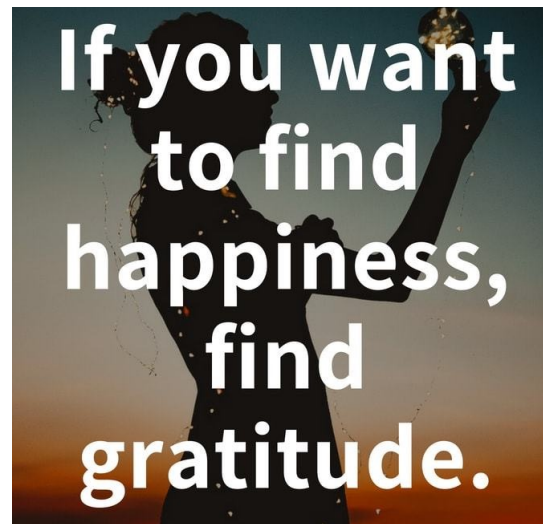
“I’m so lucky that \_\_\_\_\_”

“The \_\_\_\_\_ is so amazing right now”

“I love the way that \_\_\_\_\_”

Etc. . . . .

“The thing I’m most grateful for right now is *elastic waistbands.*”





## 5. Accept the present, and do the next right thing

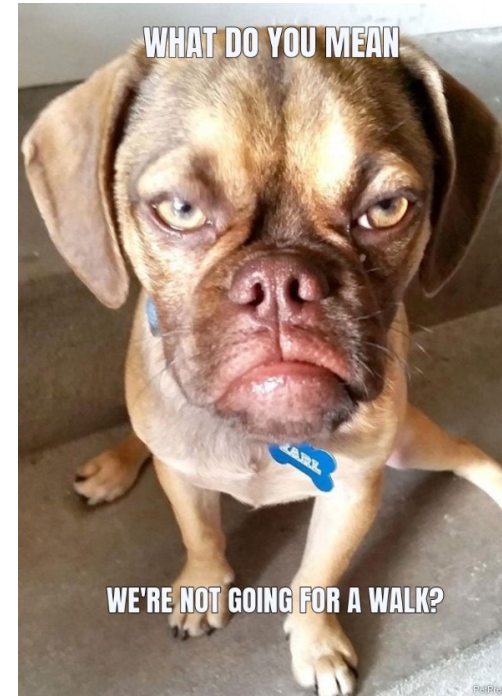




## 6. Move more! Never stop moving!

Thoughts:

- Fit a 5-20 minute walk into your day—everyday (preferably in nature)!





## 7. Eat at least one meal per day that is inarguably super healthy

Thoughts:

- Sufficient protein
- Complex carbs (fruits, veggies, & whole grains)
- Low in sugar
- Low in saturated fats

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# 8. Notice negative thoughts; use the **STOP** sign technique, and replace negative thinking immediately with a positive statement



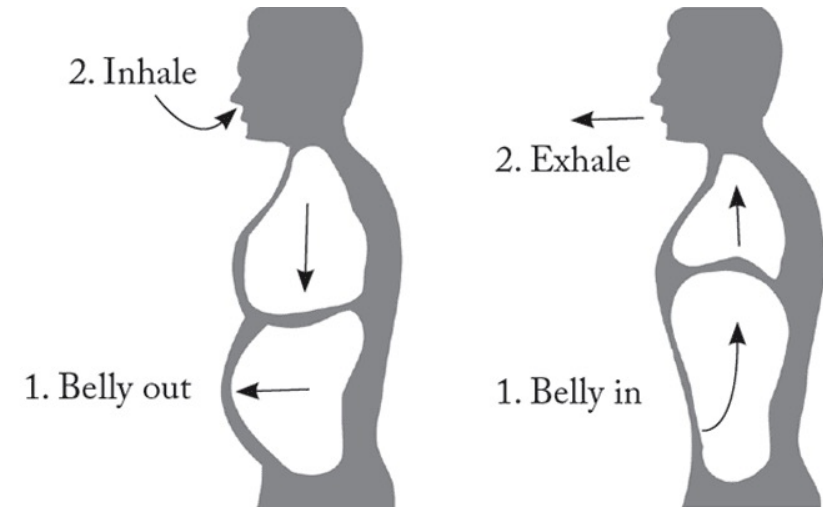
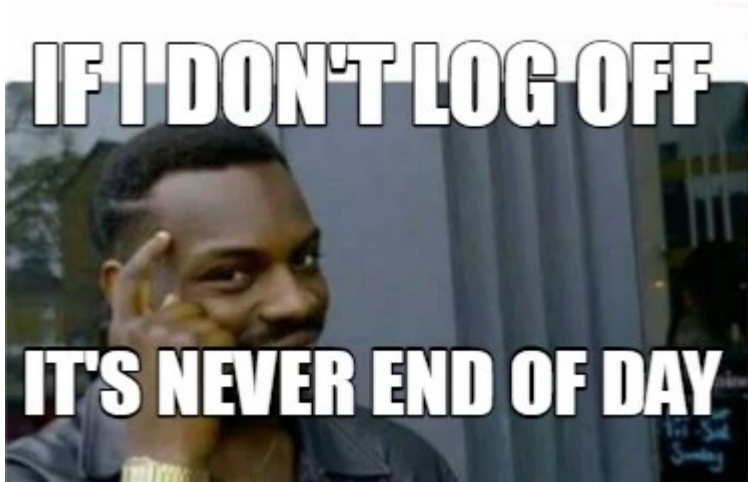
## 4 Steps for Thought Stopping

- Notice the thought.**  
Notice if it's an awfulized worse-than-worse case scenario.
- Stop.**  
Say "stop" in your mind, or picture something that helps you stop: a stop sign, red light. . .
- Challenge the thought.**  
Are you distorting reality? Notice absolutes, exaggerations, neg messages from past, overgeneralizations, . . .
- Reroute your mind.**  
Move your mind over to an inspiring or distracting thought instead.

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# 9. At the end of your workday, sign off, check out, and take five, deep, letting-go breaths





## 10. Bedtime: write about three things that happened today for which you're grateful

Thoughts:

- Keep a gratitude journal just for bedtime
- Create a 3-5 minute gratefulness ritual before going to sleep





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