


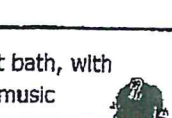





















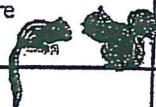











60 Ways to Nurture Yourself

PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL
Take a walk 	Deep breath and think, "I am calm and peaceful!"	 Read a book or magazine article	 Connect with Nature
Ride a bike 	Share feelings about an experience with a friend	Say an affirmation	Concentrate on the flame of a candle 
Soak in a hot bath, with candles and music 	Listen to music you like 	Express your thoughts & feelings in a journal	Meditate 
Exercise at the gym 	Sing or make sounds	Make a to do list	Pray 
Stretch and move to music 	Hug someone, ask for a hug 	Write a poem 	Talk to your guardian angel
Practice Yoga postures 	Pet your dog or cat	Write a letter 	Listen to a guided meditation tape
Take a course in Tai Chi, water aerobics, or yoga 	Talk to someone by pretending they are facing you in an empty chair 	Listen to tapes 	Write about your spiritual purpose
Sit in the sun for 15 minutes 	Telephone a long distance friend or relative 	Email a friend 	Visualize yourself in a peaceful place 
Change one thing to improve your diet 	Notice what you are feeling several times a day	List things you will do to improve your life 	Do something of service for another or for your community 
Watch birds and animals interact in nature 	Write a letter to someone who has hurt you, but do not send it	Update negative beliefs that limit your life	Join a church group 
Go swimming 	Feel your fear and take a positive risk for change 	Journal write daily about your reactions, thoughts and feelings for a month	Learn about a religion different from your own
Sit in a garden or a park 	Smile at a stranger and send them thoughts of peace, acceptance, joy	List your traits, needs and wants 	Study with a spiritual teacher 
Take a nap	Affirm yourself daily	Make a list of short term and long term goals	Study ancient, esoteric wisdom teachings
Get a massage 	Watch children play; talk to your inner child in a loving, joyful way	Preview your day upon awakening; review upon retiring	Practice unconditional love and forgiveness with self and others
Eat totally healthy for one day 	Acknowledge yourself for accomplishments you are proud of	Work on your family tree 	Practice a daily quiet time, routine to connect spiritually