

# JANUARY *Cared-For* IDEAS

## IDEA

A LITTLE MORE *Cared-For*

Go to bed early	How did you feel the next morning? Do you need to re-adjust your nighttime regime? How can you make bed time easier/cozier/restful?
Dinner with friends	Who would you invite and why? Was this experience something you need more of? How can you plan your schedule to fit this in more?
Take a nap	Were there thoughts holding you back from resting? Write them down and analyze if they're irrational or rational (assumptions or mindsets).
Take a long bath	Make this as relaxing as possible (candles/salts/bubbles). Where does your mind wander in this space? Engage nagging thoughts with "I will write this down and address it later." Focus on breathing deeply while pushing burdens out through your breath.
Get a massage	Treat yo'self! Choose someone whom you trust and can relax into their therapeutic pressure. Notice areas of your body that holds stress, take note the next time your stressed to rub that muscle group.
Stretch	Spent 20 minutes on the floor stretching hips/glutes/hamstrings. These muscle groups are the largest and hold stress. Practice hip opener exercise with soft pressure.
Weekend getaway	One night or several - giving yourself a new physical perspective helps one see clearly and creatively. What do you like about the space? How can you bring that inspiration into your space or work?
Face mask	Create your own or buy one! Spend sometime gently caring for your face. What do you want people to see when they look at you?
Feet work	Soak/scrub/soften - spend sometime caring for your feet. Are you walking in a direction you like, or not? How can you better serve where your feet are going?
Try a new coffee	Or try a new tea. Those fancy drinks you see on Instagram, try them! Enjoy the experience.
Buy something cozy	Blanket/pajamas/sweater ... so many possibilities! Have it be something that will be on your skin and let it remind you that softness is a compassionate choice.
Take Communion	Look up scriptures. Allow this time to be savory on the tongue, uplifting in the soul, and burden releasing in the mind and heart.
Buy something pretty	Clothing/flowers/art ... buy something that reminds you of beauty. There is healing at gazing at beautiful things.
Have a no screen day	Use this time to do some reflecting. Do you feel you use too much screen time entertainment? What are some things you can do instead? Hobby? Reading? Organizing? Connecting to a friend?
Visit a friend	Connect over a lunch date, a walk, or cuppa of something! When you're together ask questions such as what are their hopes for the new year, or, what were their best moments in the previous year?
Buy or check-out a book	Let your curiosity and interests lead you, or, step into that heart wound with a trusted source of help and guidance.
Exfoliate face/body	A good scrub during winter months feels good! Get rid of dead skin and smooth away the itchiness nourishing lotion.
Spend time with your pet	At a UCLA Medical Center, dogs were allowed to come in contact with people with heart failure for about 12 minutes. Results showed that it has helped regulate heart rate, blood pressure, and anxiety.

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| Give yourself a foot rub         | Better yet give time each morning and evening to give your feet some care. Lotion dry feet, rub out achy arches and stretch between crunched toes. Remind yourself that even the smallest areas of your heart and body require attention. What are some other "small" things you would like to give attention to? Sometimes we minimize something because we think it's not "that" important - give some time reflecting on small matters that need attention.   |
| Send a handwritten note          | Putting pen to paper shows care and attention. In a world where communication is through typed font - give a gift of thoughtful penmanship.  |
| Clean a closet                   | The closet that holds the past, it's time to declutter and get rid of things that clog up the space. There shall be no skeletons in our closets! Cleaning a clogged up closet is nurturing to our mind and home - grab the garbage bags, it's time.  |
| Rearrange a living space         | Feeling less than inspired? Try rearranging your living space, bedroom, or entry way. The areas that have become drab, boring, and unwelcoming - try giving it a new perspective. If your ideas fall short, start with removing all the topical treatments - pillows, blankets, wall hangings ... clutter. Then bring back one item at a time in a different place setting.  |
| Drink water                      | We all know the amount we're supposed to and never do! Today, focus on drinking all the water needed for optimal health. Take note of how it made you feel - perhaps a new water bottle to help lead the quench?   |
| Pray for yourself/family/friends | That family member that comes to mind - pray for them. Ask God to lead you with a scripture to pray over them - let Holy Spirit lead you. Spend time sitting quietly as you wait and whatever thoughts come to mind, ask Holy Spirit into to them as well. It's Ok to have unresolved thoughts or things to do pop into your mind as you sit quietly - our brain is continually looking for a neuron path to follow. As these thoughts come, simply ask Holy Spirit to help you solve, create, or let go of the nagging questions or thoughts. |
| Connect with a new friend        | Is there a person in your life that you'd like to get to know better? Reach out to them for a coffee date or start a text thread asking them how their day is going.   |
| Find an inspirational quote      | Was there a quote or scripture that hit you in a good way? Write it down on a note card and place it where you will read it often. Why does it inspire you so? And what action does it inspire in you?   |
| Hair/Scalp treatment             | With dry weather comes dry hair and scalp - have a scalp care night. Try a hot oil treatment or make your own with coconut oil and peppermint EO.  |
| Tell someone you see them        | People want to be seen, heard, and understood - when we train our eyes to see we train our heart to have compassion. By doing this we take our eyes off ourselves and see that we're not alone in struggles. You'll create a space to give and receive relationship.   |
| Write down your identity         | Who are you? Don't be shy - write it down. Write down all your best qualities. Example: I am Meagan. I am tender-hearted, a deep soul, wise, empathetic, creative, human, accepted, forgiven, loved greatly. When people or situations try to deconstruct who you are, remind yourself of your true self.  |
| Go on a scripture bunny trail    | Pick a highlighted scripture in your bible and look up every cross reference and every commentary - did the meaning change for you? Did culture and religion water down the true meaning? Or, let it lead you to another scripture.  |
| Celebrate something              | Little triumphs inspire next moves - give yourself some celebration. That book you finished, this month that was hard, a mindset overcome - they all are triumphs that could use a victory lap! How will you celebrate?  |