

Self-Care Tips for the Body & Soul

*Adapted from “25 Self-Care Tips for the Body & Soul” on GentleLiving.com
(contributor Liz)*

Stop Over-Thinking. You don't need to have all the answers to all of life's riddles. Life is an unfolding, a discovering, a journey, an adventure. Sometimes over-thinking it all can get you in trouble. You miss out on the journey you're actually on when you're stuck only in your head. Take it all in with grace and grace will lead you in the right direction.

Accept What is. Stop Pushing. Sometimes you have to accept things as they are. Things you can't change. Things you can't help but feel. Give yourself a break. Stop trying to wade upstream at high tide. Wait it out. Take a breather and go where the current takes you. You can't control everything so sometimes you have to trust that the current will take you where you need to be.

Be Still. We live in such a rushed, over-stimulated, over gadget-ized society. Find somewhere beautiful – a park, the woods, your kitchen – and just sit there, still. Absorb the sound of the wind through the trees, the light and the shadows, the peace, and just appreciate the stillness. It's meditative and calming. Make time for stillness regularly.

Stop Comparing Yourself to Others. Comparing yourself to others with envy robs you of appreciation for the sacred place your life is in at any given moment. Everyone has had their own long journey and you don't know what the journey has been like for them. We don't know where they've struggled, what mistakes they've made. Use any jealousy you feel as your guide, it's just showing you what you want in life. Let it lead you to take actions that advance your goals.

Create Joyful Rituals. My friend often talks about creating rituals of joy like spreading the bed and drinking lemon water every morning. Create simple, easy-to-do rituals that ground your day and you'll find your way “home” no matter what life throws at you.

Take Actions that Scare You. Such a tough one. It's so easy to find a hundred excuses for why you're not ready to change your life. To apply for the job you've always wanted. Remind yourself of how short life is. In the end, any discomfort or rejection won't really matter. The only way to achieve things you want is to take bold actions. If something scares you deeply, it means you want it deeply, so go for it.

Cherish your Friends. Surround yourself with true friends. Friends who've seen you at your worst, and love you even more for it. Friends you can be sick and miserable around and yet all they seem to do is make you laugh. Those friends are priceless.

Know your Strengths. Our weaknesses are always shouting out for attention. Needy things. Try to instead focus on your strengths. You have so many. Focus on them and use them daily. List them out so you never forget what they are. Build your life around them.

Eat as Many Greens as Possible. Greens, greens, and more greens. Fruit too. The more you eat them, the more your taste buds change and you realize just how delicious food from the earth truly is. The lighter you feel, the better your skin looks, the more energy you have.

Exercise Regularly. Regular exercise can transform your life. As Richard Branson says, one hour of exercise equals four extra hours of productivity. Make time for exercise, it will give time back to you.

Don't Let People Walk All Over You. Being nice and being a doormat are two very different things. Being a doormat robs you of your voice and leaves you resentful. Be strong in who you are, don't let people walk all over you.

Forgive Yourself. Forgive Others. Forgiveness is one of our most powerful allies. Forgive the people in your life who harmed you and forgive yourself for your own mistakes and you will. Liberate yourself from pain, anger, resentment and negativity. Anger grudges, and resentment hurt no one more than the person holding them.

Stay Away from Negative People. What more needs to be said? People can be mean and nasty, don't hang out with those people. You can choose who to keep in your life, choose wisely.

Don't be a Negative Person. Don't get drawn into negativity. It brings down your affect. People who have nothing but negative things to say about everyone are unhappy with themselves. Always remember who you are and who you want to be. Be nice to people, to everyone. Support people and their dreams. Love as you'd want to be loved. We can all be nicer and do better. What matters is that we try.

Don't Live on Facebook. Facebook is great and it's fun to be social. And if you have an online business, it's priceless. But reading through Facebook statuses too often can lead to "Facebook depression.". Facebook is like an advertising campaign for everyone's life. It's all shiny and sparkly and well-crafted to present the best. That's all good but too much of it and you need to be reminded to stop comparing yourself to others.

Allow Yourself to Feel Whatever You're Feeling. Sometimes you'll get down. Really down. Sometimes you'll get hurt and not want to leave the couch. It's okay. Let yourself sulk. Get it all out of your system. Don't fight it. As my friend Sally Hope always says, "What you resist, persists." So don't resist. The sooner you get it all out, the sooner you can move on.

Breathe Deep. Deep luscious breaths from way down in your diaphragm.

Embrace your Imperfections. Your imperfections are your perfection. Embrace them. Let them reveal your individuality. Laugh at them if you need to. Perfect is boring. Imperfections make things interesting. Behind every imperfection is a strength.

Watch Less TV. Such a hard habit to break. Too much TV robs you of time and social interaction. Goals fly out the window. Motivation gets lost. So does conversation. TV is addictive and it lures you in. Keep it in moderation.

Unplug. Create sacred spaces in your days or weeks where you unplug from everything. No emails, internet, blackberry, nothing. Take back control. Unplug regularly or you'll burn out your emotional programming. One of the best ways to unplug: travel.

Be of Service. Try to always find ways to be of service. To people, to animals, to the environment, whatever floats your boat. Life gives to the giver and takes from the taker. Find ways to give and keep giving. Give in ways that inspire you, that speak to you, that fill your heart. No matter where you are in life, there is always someone who could benefit from what you have to offer.

Just be You. You are good. You are enough. You are valued.