



Living From The Inside Out:
Renewal and Mindfulness Tools
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What are your 'portals' to self care that allow the static in your mind, body and spirit to settle and reconnect with what is important?

- Three deep belly breathes (activates your body's relaxation response)
- 2:1 Breathing – breathe out twice as long as you breathe in. Start by counting, then stop counting but continue to breathe in this ratio – sending thoughts out with the outbreath.
- The Power of the Pause – slow down and center yourself before doing an activity
- Decide to make some activity (like washing dishes or showering) a mindful activity with awareness of the 5 senses
- Ask yourself before getting out of bed – What do I need today to care for myself? (scan your body – dehydrated, is there a conversation that I need to have, a boundary that I need to set by saying no, support from a friend, too crammed a schedule?)
- As you go to bed, think about what you are grateful for on this day.
- Routinely check in with yourself about your level of emotional wellbeing. 1 (break down) to 10 (blissed out)
- Have a cup of tea to help you slow down
- Exercise – piles of research about its power to shift low moods and anxiety
- Nutrition – consider how your diet effects your outlook and energy
- Sleep – try not to skimp on sleep. Sleep deprivation can have serious consequences over time.
- Rest – Does your nervous system know how to actually relax? Use guided imagery or progressive relaxation exercises to truly rest and restore. Just like a peak performing athlete – rest is an importance component of endurance and strength.
- If you are in a relationship, take care of your relationship even if it is a one minute check in.
- Write out your deepest intentions and post on a mirror in your bathroom to remind you of your values and mission in life.
- Write a gratitude list for 5 minutes.
- Ask yourself if you are in a 'fixed/contracted mindset' or growth mindset about your challenges.
- Journal for a few minutes to try to clarify what is going on when you are upset.
- Remember to “S.T.O.P.” – Stop (pause), Take a breathe, Observe what is happening (thoughts, feelings, images, sensations), and Proceed (What is really important in this moment?)
- When you feel really ungrounded and caught in negative thoughts, Notice 5 things you see, 5 things you feel in a tactile sense, 5 things you hear, then 4 things you see. . . etc. . . 3, 2, 1 that you see, feel and hear.
- Consciously divert your thoughts to a positive intention when in a negative frame of mind –
- “I am more than enough.” “I am worthy of love and belonging.” “I already have what I need.”
- Keep your to-do lists to reasonable do-able amounts. Just focus on top three and cultivate a

feeling of time as more abundant than scarce.

- Let go of resistance to what is right in front of you. Let go of expectations about what your life is supposed to look like. . .
- Actively cultivate a sense of C.O.A.L. toward your experience (curiosity, openness, acceptance and love/tenderness)
- Pray or meditate even if for 5-10 minutes.
- Walk around the block.
- Spend time in nature.
- Play with your cat or dog who embody present focus and unconditional love.
- Notice 5 beautiful things around you while driving.
- Do something that yields a concrete result. Be creative. Sketch or paint or write.
- Listen to inspiring or energizing music (pandora.com is free, internet radio)
- Ask a friend or partner for a hug or words of encouragement if you need it.
- Explore your belief blueprint about an obstacle or stuck place. Write out your beliefs. Are they really accurate? Sometimes reframing the issue can create a shift in what you view as possible.
- Play, play, play. Look at the attached handout to take your own play history and ask yourself about your own play personality.
- Flow is important. Is there ever a time when you lose track of time and self-focus concern? Take a free survey at www.authentic happiness.org – Virtues in Action Signature Strengths Survey – long or short version. Look at your top five strengths as it will give you a clue about where you will find your own sense of engagement, gratification, and flow.
- Check out the Mp3 guided imagery by Belleruth Naparstek at www.healthjourneys.com on many topics including Healthy Sleep and Stress
- Create a small sanctuary in your home and at your work/school place with a couple of pictures and/or special objects.
- Movement of any kind – dance like a maniac for 5 minutes and practice some yoga stretches
- Laugh – check out the Skype laughter chain on You tube or some other funny video
- If you are in a really challenging situation, simply put your attention in your feet or your breathe. It can help ground you.
- (Brene Brown) Need to Dig Deep? – Don't just push through – dig deep in this restorative way:
 - D Deliberate in your thoughts and behaviors through prayer, meditation, or simply setting your intention
 - I Inspired to new and different choices
 - G Get going. Take action.
- If you feel really reactive, irritable, and blaming toward your partner, friends, colleagues or others – Is what you are reacting to something you refuse to see in yourself? Is there an integrity issue that you need to address in which you are not being clear about your agenda or intention in the relationship?
- The Power of Community
 1. attend to your relationship with your significant other if you have one
 2. call friends for support
 3. create community where you can (a weekly meditation group, yoga class)
 4. join a faith community or interest group
 5. volunteer
- Add your own ideas and practices about how to cultivate awareness and respond to your changing needs. . . what nourishes you?
- If none of this is enough – consider getting a therapist to guide you to what will work to keep you from depletion.

Remember to include yourself in your circle of nurturing and care.