Self-Care 101
January 2021

Self-Care Links

Greenlights Audio Excerpt
Narrated by Matthew McConaughey.

Empathy and Perspective
Leadership is a skill that must be practiced each day.

Meditation Exercise
How to do a walking meditation.

Sebastian Maniscalco
Play for a quick laugh when you have four minutes.

Four Short Stories that Will Change the Way You Think
Core lessons always remain the same.

TARCP
Tennessee Association of Recovery Court Professionals

A Funny Truth

A Year Filled with Good Intentions

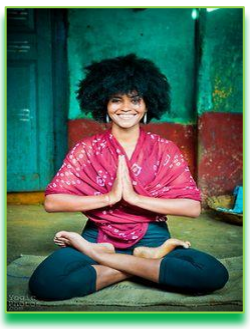
We have all heard "less is more" and during these trying times many of us have come to the realization that the little things mean just as much as what we once prioritized over the "small stuff" pre-COVID. We may be having a difficult day and can only take one small step to get through that day, but that small step counts and can make a big difference.

In Lindsay Tigar's *Real Simple Magazine* article, "20 Micro (Yet Mighty) Self-Care Challenges That'll Make Any Day Better," she reviews bite-size intentions that we can practice to help ourselves have a better quality of life. Small but Mighty

Tigar's "Micro Yet Mighty Intentions" are as follows. Take a walk (without your phone). Stretch for 10 minutes in the morning. Schedule time for creativity. Go tech-free first thing in the morning. Try 4-4-4 breathing. Eat more slowly and mindfully. Read 10 pages of a book each day. Have a weekly date (with yourself). Get 10 minutes of sunshine in the morning. Write down 5 positive phrases to recite to yourself. Give 20-second hugs (when you can). Spend 5 minutes a day tidying your home. Create a designated at-home workspace. Have a laugh every single day. Try to meal plan once a week. Give something back. Focus on having good habits (not breaking every bad one). Commit to making your bed. Take more baths.

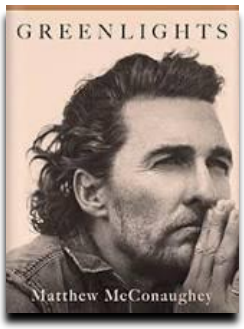
Most of the above intentions are self-explanatory. The 4-4-4 breathing method is breathing in for four counts, holding your breath for four counts, and then exhaling for four counts. You can repeat this up to five minutes. Deep breathing exercises have been proven to decrease stress and improve your mood. So each day, wake up, take a deep breath, and offer yourself one challenge for the day. Albeit small, it's just the right size for you in that moment.

The Winner's Corner



Hannah Camp wins this month's self-care gift card!

Book Club



Matthew McConaughey's memoir on living life with greater satisfaction.