

# JUST SOME OF MY FAVORITES

BY KAITLYN VITTOZZI

In mostly no order, I wanted to share with you some of my favorite self-care tips. Many come from Yogic, Ayurvedic or Buddhist traditions. Some come from psychology and neuroscience. Many more come from trying to juggle an overscheduled life. Try on a few, see which ones work for you and stick to them. While I know many of us are overscheduled, you may need to schedule these for a few minutes per day at first before they become a habit. Of course check with your doctor before making any exercise or dietary changes.

1. Practice Saying No.
2. Start the morning with hot lemon water.
3. Have some go to comfortable clothes in natural fibers.
4. Take deliberate time to put your phone down each day. Too much too soon? Try airplane mode.
5. Stop multitasking. Even if it's only for a few minutes a day. Give attention to one task at a time, it's just easier.
6. Really, Say No to what you don't want to do.
7. Move your body every day. Five minutes a day is great.
8. Practice moving gently every once in a while.
9. Taste your food. Slowly. Smell it. Savor it. Experience it.
10. Don't guilt yourself for eating something you liked.
11. Don't guilt yourself for saying the wrong thing.
12. Pay attention when you're hugging someone you love.
13. Find time each day for something that brings joy.
14. Set embodied intentions.
15. Stretch.
16. Make seasonal changes to your routine.
17. Go to bed with the sun.
18. Wake up with the sun.
19. Just rip the covers off in the morning, ditch snooze.
20. Find what brings you comfort when you need it.
21. Tongue scrape in the mornings to get rid of any leftover ama (gunk).
22. "We can only love others as much as we love ourselves" Brené Brown, The Gifts of Imperfection
23. Spend time barefoot. Bonus points for outside.
24. Moisturize or oil your skin, especially in fall and winter.
25. Notice where you feel your emotions in your body.
26. Be kind to your knees. Massage, lotion, love.
27. Schedule some time each week to do NOTHING.
28. Self-massage. Consider oiling before the shower.
29. Find an accountability buddy.
30. Let your eyes rest.
31. Practice candle gazing.
32. Apologize to yourself when you catch your inner critic speaking up.
33. Create a gratitude journal that you write in each night. Everything that went right for you that day- a call from a friend, a favorite meal.
34. Don't stuff down emotions for too long.
35. Eat an orange or drink a cup of coffee with all five senses.
36. Listen to your body, not external validation.
37. Stop shoulding on yourself.
38. Realize there is no supposed to.
39. Massage your feet, or have someone else do it.
40. Physical Therapy isn't only for the injured.
41. Notice when you're getting burnt out before you get there.
42. Schedule time for the people that help fill your cup.
43. Don't overextend yourself socially.
44. One screen only on at a time please.
45. Notice the impact of noise on your ears.
46. Go outside and listen to nature. Even when it's quiet, there is lots to hear.
47. Find ways to get out of your head and into your body.
48. Doodle to music.
49. Learn to be OKAY with quiet.
50. Bedrooms are for sleeping and sex only.
51. Hug a tree. Talk to it.
52. Take time to rest that isn't just sleeping. Just rest. No screens. Schedule it.
53. Practice being outside in all four seasons.
54. Focus your attention when you feel wishy washy.
55. When you're doubting yourself, just keep to the path.
56. Try to meditate in the morning, 60 seconds of paying attention to your inhale and exhale, add 30 seconds each day.
57. Go for a walk.
58. Find a mix of effort and ease in your activities and routines.
59. Notice when your posture is slouchy.
60. Tell someone what you're feeling.
61. Stop grasping for a quick fix.
62. Your thoughts might feel like a runaway train, but remember you are the conductor.

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- 63. Try something more than once before you decide you hate it.
- 64. Get more sleep. What do you have to put into place to get more sleep?
- 65. Pay attention to your body. Don't judge it, listen to it.
- 66. Prioritize presence over productivity. One will assist the other.
- 67. Tongue scrape.
- 68. Find something you like about each season.
- 69. Stay hydrated.
- 70. Journal.
- 71. When the mind gets busy, notice what feels quiet or busy in the body.

- 72. Try Nasya Oil for your nasal passages.
- 73. Less human doing, more human being.
- 74. Whatever stupid thing you said, let it go. Move forward not backward.
- 75. “If you are anxious, you are living in the future. If you are at peace, you are living in the present.” - Lao Tzu
- 76. Make your life easier when you need to.
- 77. Cook for yourself at least occasionally, it's grounding, and maybe creative
- 78. Find what grounds you for when you need it.

- 79. Be present to who is in front of you if it's someone you care for. It will fill you up.
- 80. You can't change everything, so change your relationship to it when you need to. It's less exhausting.
- 81. Stoke your internal fire before you start fanning the flames to others.
- 82. When you're stressed, take longer exhales than inhales (ex. Count to 3 on an inhale and 5 on an exhale).
- 83. What do you want to add?  
*To work one-on-one on with Kaitlyn Vittozzi, C-IAYT Yoga Therapist visit [TozziYoga.com](http://TozziYoga.com)*