

UNAPOLOGETICALLY ME

Self-care

- Daily meditation. About five minutes a day to start. Increase length of time if you feel more comfortable doing them for longer.
- Exercise routine. Work out at least 30 minutes per day for five days.
- Healthy eating habits. Avoid anything high in sugar or fats. Fast food should be avoided.
- Regular sleep schedule. Aim for anywhere between 7 to 9 hours per night.
- Self-pampering time. Adjust accordingly to your needs and preferences
- Focus on hobbies and interests that you are passionate about.
- Relax. There will always be a time and a place for it.
- Nurture your social connections on a regular basis. Check in on them and have a conversation.
- Set your boundaries. Communicate effectively and stand solid with them.
- Gratitude journaling. Write down 3 to 5 things you are grateful for each day.

Practicing Mindfulness

- Breathing exercises. You can take a few minutes out of your day to do them. Focus on the breath...that's it.
- Mindful eating. Be aware of what you're eating. Is it good or bad for you?
- Grounding techniques. Learn these whenever you want to try out different mindfulness exercises.
- Nature walks. If you love the outdoors, go on regular walks. Fresh air and a lot of green boosts your mood.
- Silent reflection. Take a moment to review your day. Think about the highs and the lows.
- Daily affirmations. Write down three to five that you can repeat in your mind daily.
- Focused attention. This can be useful if you need to focus on something very important like a priority task.
- Mindful listening. Be aware of what you are listening to. It can be the sounds around you.
- Body scan meditation. Another form of meditation where it involves your entire body.

Physical Well-being Improvement

- Regular exercise. See the self-care section about that.
- Balanced diet. Eat something that is nutritious including fruits, veggies, and more.
- Adequate hydration. Drink anywhere from 8 to 10 glasses of water each day.
- Get adequate sleep. Do a pre-bedtime routine where you shut down all mobile electronics an hour and a half before your scheduled bedtime.
- Preventative check-ups. Excellent for your physical health. Should be done each year.
- Stress management. Practice regular mindfulness to do this.
- Posture awareness. Check your posture on a regular basis. If you feel like you're slouching, stand up straight.
- Stretching routine. Perform these on a regular basis. Do this when you get up each morning, or sit up if you're taking a break at work.
- Ergonomic workspace. This will be useful for when you need to reduce injury or discomfort from sitting down for longer periods.
- Skin care. Take care of your skin on a regular basis. During the summer months, wear sunscreen.

Mental and Emotional Well-being Improvement

- Emotional expression.
- Coping strategies.
- Practice empathy. Especially in conversation.
- Conflict resolution.
- Nurture positive relationships.
- Improve emotional intelligence when necessary.
- Practice gratitude on a regular basis.
- Continue stress reduction techniques
- Continue practicing positive affirmations.
- Journal on a regular basis.
- Ongoing reading and education.
- Utilize creative outlets.
- Solve problems to help exercise your mind.
- Time management.
- Practice self-compassion

Other Relevant Practices

- Join groups and communities that reflect your interests and passions.
- Do volunteer or charity work for causes that you care about.
- Find something entertaining that will make you laugh.
- Perform regular self-reflection.
- Perform spiritual practices (optional)

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1. Practicing Mindfulness

- 1.1. Breathing exercises. You can take a few minutes out of your day to do them. Focus on the breath...that's it.
- 1.2. Mindful eating. Be aware of what you're eating. Is it good or bad for you?
- 1.3. Grounding techniques. Learn these whenever you want to try out different mindfulness exercises.
- 1.4. Nature walks. If you love the outdoors, go on regular walks. Fresh air and a lot of green boosts your mood.
- 1.5. Silent reflection. Take a moment to review your day. Think about the highs and the lows.
- 1.6. Daily affirmations. Write down three to five that you can repeat in your mind daily.
- 1.7. Focused attention. This can be useful if you need to focus on something very important like a priority task.
- 1.8. Mindful listening. Be aware of what you are listening to. It can be the sounds around you.
- 1.9. Body scan meditation. Another form of meditation where it involves your entire body.

2. Mental and Emotional Well-being Improvement

- 2.1. Emotional expression.
- 2.2. Coping strategies.
- 2.3. Practice empathy. Especially in conversation.
- 2.4. Conflict resolution.
- 2.5. Nurture positive relationships.
- 2.6. Improve emotional intelligence when necessary.
- 2.7. Practice gratitude on a regular basis.
- 2.8. Continue stress reduction techniques
- 2.9. Continue practicing positive affirmations.
- 2.10. Journal on a regular basis.
- 2.11. Ongoing reading and education.
- 2.12. Utilize creative outlets.
- 2.13. Solve problems to help exercise your mind.
- 2.14. Time management.
- 2.15. Practice self-compassion

3. Other Relevant Practices

- 3.1. Join groups and communities that reflect your interests and passions.
- 3.2. Do volunteer or charity work for causes that you care about.
- 3.3. Find something entertaining that will make you laugh.
- 3.4. Perform regular self-reflection.
- 3.5. Perform spiritual practices (optional)

4. Physical Well-being Improvement

- 4.1. Regular exercise. See the self-care section about that.
- 4.2. Balanced diet. Eat something that is nutritious including fruits, veggies, and more.
- 4.3. Adequate hydration. Drink anywhere from 8 to 10 glasses of water each day.
- 4.4. Get adequate sleep. Do a pre-bedtime routine where you shut down all mobile electronics an hour and a half before your scheduled bedtime.
- 4.5. Preventative check-ups. Excellent for your physical health. Should be done each year.
- 4.6. Stress management. Practice regular mindfulness to do this.
- 4.7. Posture awareness. Check your posture on a regular basis. If you feel like you're slouching, stand up straight.
- 4.8. Stretching routine. Perform these on a regular basis. Do this when you get up each morning, or sit up if you're taking a break at work.
- 4.9. Ergonomic workspace. This will be useful for when you need to reduce injury or discomfort from sitting down for longer periods.
- 4.10. Skin care. Take care of your skin on a regular basis. During the summer months, wear sunscreen.

5. Self-care

- 5.1. Daily meditation. About five minutes a day to start. Increase length of time if you feel more comfortable doing them for longer.
- 5.2. Exercise routine. Work out at least 30 minutes per day for five days.
- 5.3. Healthy eating habits. Avoid anything high in sugar or fats. Fast food should be avoided.
- 5.4. Regular sleep schedule. Aim for anywhere between 7 to 9 hours per night.
- 5.5. Self-pampering time. Adjust accordingly to your needs and preferences
- 5.6. Focus on hobbies and interests that you are passionate about.
- 5.7. Relax. There will always be a time and a place for it.
- 5.8. Nurture your social connections on a regular basis. Check in on them and have a conversation.
- 5.9. Set your boundaries. Communicate effectively and stand solid with them.
- 5.10. Gratitude journaling. Write down 3 to 5 things you are grateful for each day.