Below are some family and individual activities to enhance your self-care in relation to your mind, body and spirit. All three need to be stimulated and equally monitored for a fulfilling lifestyle.

**Activate Your Mind**

* Take your medications as prescribed every day.
* Schedule time for play, creativity and adventure.
* Take your family on an active-sensing treasure hunt: use all your senses to collect items and share them with your family.
* Celebrate life by dancing, singing and/or humming; humming tricks your mind into a more positive frame.
* Take time to give and receive: offer to pay for someone in line behind you, donate your time at an event as a family or individually, offer to be a mentor, start a club for a hobby you are interested in like reading, cooking, or gardening.
* Stay curious and ask questions to clarify. Practice acknowledging and validating what your child or partner is telling you – make him/her feel special, heard, and loved.
* Practice meditation. Start with 10 minutes a day and gradually work up to your comfort level; if you cannot quiet your mind, then just focus on your breathing.
* Be present in each moment.
* Items you can use during meditation include: candles/incense, essential oils, crystals, singing crystal bowls, wind gong, drum, chanting music, humming, your breath, objects to represent the four elements of air, earth, water, fire.
* Discover what your purpose and passions are as an individual and/or family.
* Allow yourself to feel your emotions/feelings before reacting. Create a corner in your home with brightly colored pillows and designate that a safe zone for sharing emotions/feelings; acknowledge and validate the other person’s emotions/feelings.
* Learn to forgive.
* Learn to ask for help when needed so you do not get so frustrated and lose interest in whatever you are trying to do. Not only will you receive help, but you will also make someone else happy by accepting their help.
* Learn to own your disability if you have one.
* Learn to own your sensuality/sexuality.
* Be grateful; create a white board, chalk board, bulletin board, or special bowl to write 3 things you are grateful for each day at dinner or before bedtime
* Create a worry jar to write down all your worries and let them go from your mind; when the jar is full, either shred the worry notes or burn them in a ritual ceremony.
* Write down everything that has wronged you on a note and burn it as a monthly or quarterly ritual.

**Activate Your Body**

* Exercise 30 minutes each day to get your heart rate up. Rotate your routine so you do not get bored or hit a plateau. You can do it individually or as a family – take a hike, go bike riding, or even jump rope.
* Stay hydrated and keep your electrolytes up; hydration is the number one cause of headaches and muscle pain.
* Eat nutritious meals and snacks.
* Sleep well using items such as: sound machines, light boxes, essential oil fragrances like lavender, weighted blankets, or non-addictive supplements such as magnesium, vitamin D, melatonin, poppy seeds, or Valerian.
* Get some sun; sun light can only be absorbed through your skin so enjoy some sunshine each day.
* Stay positive.
* Develop a good routine for bathing and hygiene. Use some of your favorite senses in your shampoos, bath gel/soap, deodorant and really enjoy this routine. Remember that sometimes bubble baths can give females a urinary tract infection.
* Learn to dress for the occasion and enjoy bright colors to help lift your mood.
* Give thanks to your body, especially if you are in chronic pain. Say out loud how much you love that body part or body system that is pain; saying it out loud can create a greater effect.

**Activate Your Spirit**

* Do not give away your power. You are a beautiful soul who deserves to be loved, appreciated, and heard; you are unique with a special set of gifts/talents and purpose in life.
* Connect with your Source – whether it is God, Allah, Buddha, or the cosmic universe – have faith and belief in a greater and better world and afterlife.
* Meditate.
* Keep a journal.
* Create collages of your favorite pictures or textures to look at or feel when your spirit is down.
* Research the following and implement one into your routine: Yoga, Prana, Pilates
* Disconnect from the digital world for a certain amount of time each week as a family or individually.
* Practice silence and breathe in a moment of greatness.
* Go on nature walks and engage all your senses.
* Learn how to ground yourself and what that means to you.
* Listen to music or play an instrument.
* Create a grateful jar, white board, chalk board, or mailbox.