

# Evidence

## OF SELF-CARE & KINDNESS

WHAT KINDNESS LOOKS LIKE WILL CHANGE. OFFER YOURSELF KINDNESS DAILY, EVEN FOR A LITTLE BIT.

- ACCEPT HELP
- ASK FOR HELP
- BE ACTIVE
- BE HONEST
- BE MINDFUL
- BREATHE
- BUY YOURSELF FLOWERS
- BUY YOURSELF SOMETHING NEW
- DANCE
- DECLUTTER
- DELEGATE
- DO NOT COMPARE
- DON'T ANSWER THE PHONE WHEN YOU DON'T WANT TO
- EAT HEALTHY
- FEEL THE EMOTION WHEN IT COMES
- FIND WAYS TO INTERRUPT ANXIOUS THOUGHTS
- FORGIVE OTHERS AND YOURSELF
- GET A MASSAGE
- GET YOUR NAILS DONE
- GIVE YOURSELF A BREAK
- GIVE YOURSELF GRACE
- GO FOR A DRIVE
- GO FOR A WALK
- GO OUTSIDE
- HAVE A FRIEND OVER
- HUG
- HYDRATE
- JUST BE
- LAUGH
- LEAVING A SOCIAL EVENT WHEN YOU DON'T WANT TO BE THERE
- LIMIT ALCOHOL & DRUGS
- LOVE ON YOUR PETS
- MEDITATE
- MEDITATE
- ORDER GROCERIES ONLINE
- PAY IT FORWARD
- PRACTICE GRATITUDE
- PRACTICE MINDFULNESS
- REDUCE NEGATIVE SELF-TALK
- REDUCE YOUR DUTIES
- SAY "NO"
- SAY "YES" TO WHAT HELPS
- SET AND HOLD BOUNDARIES
- SLEEP
- SMILE
- STRETCH
- SWEAR
- TAKE A BATH
- TAKE A LONG BATH
- TAKE BREAKS
- TAKE TIME FOR YOURSELF
- TAKE YOURSELF ON A DATE
- TRAVEL
- TRUST YOURSELF
- TRY YOGA
- UNPLUG
- WALK YOUR DOG
- WATCH CLOUDS
- WRITE
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