



# My Guide to Micro Self-Care



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## Energizing Exercises:

- **Shaking the tree:** Shake off anxious feelings and rejuvenate your spirit.
  1. Stand up straight and dangle your hands in front of you.
  2. Do a rhythmic full body shake, letting your head loll to the side.
  3. Continue shaking until anxious feelings dissipate.
- **Marching Orders:** Wake yourself up with movement.
  1. Stand to attention with back straight and head erect.
  2. March in place, bringing your legs up and down while swinging your arms.
  3. Keep marching for 30 seconds while you say, "I am awake and ready."
  4. For added benefit, add a few twists, putting your right elbow towards your left knee and then your left elbow towards your right knee.
- **Happy Dance:** Improve your mood and increase energy.
  1. Stand on the balls of your feet and gently bounce up and down.
  2. Breathe deeply as you rock up and down. Begin slowly, then more quickly, and slowly again.
  3. Add a smile and bounce for 30 seconds.

## Relaxation Exercises:

- **Ujjayi Breathing:** Deep breathing to help you relax.
  1. Hold your hand in front of your face as if it were a mirror.
  2. Breathe in and out as if you were attempting to fog up the mirror.
  3. Continue this breathing with your mouth closed.
- **Five Senses:** Reduce anxiety and bring back to the moment.
  1. Name 5 things you can see
  2. Name 4 things you can touch
  3. Name 3 things you can hear
  4. Name 2 things you can smell
  5. Name 1 thing you can taste
- **Alternate Nostril Breathing:** Slow your heart-rate and relax
  1. Hold your hand in a hang-five position, fingers in a fist with thumb and pinky extended.
  2. Covering left nostril with your pinky, breathe in through right nostril.
  3. Then cover right nostril with thumb and uncover left nostril while exhaling.
  4. Repeat
- **Waving Hand by the Lake:** Gentle flowing movements coordinated with the breath.
  1. While rocking forward and back, move arms in front of the body to shoulder level.
  2. Allow arms to float back downwards.

## Grounding Exercises:

- **Footloose:** Regain your awareness by grounding to the earth.
  1. Put both feet on the floor, press your toes down, and imagine breathing in and out through the soles of your feet.
  2. Next, imagine strength and energy moving up through your feet and upwards to your spine. Breathe it in.
- **Good Day:** Set a positive intention for your day.
  1. State an intention in the present tense, "Today I am open to joy", etc.
  2. Spend at least a minute breathing in your daily intention.
  3. For added power, write your intention on a piece of paper and keep it where you can see it throughout the day.
- **Heaven and Earth:** Prepare yourself for a difficult conversation or situation.
  1. Put your right hand up in the sky, pointing up .
  2. Put your left hand downward, toward the ground .
  3. Feel yourself stretch up and down, simultaneously
  4. Switch sides .
  5. Speak your intention, "May I be a support to..."
- **Hugs & Kisses:** Comfort yourself with a secure embrace.
  1. Wrap your arms around yourself.
  2. Close your eyes and squeeze your body tightly for 10-20 seconds.
  3. For extra emphasis imagine being held in the arms of someone you love .
  4. For extra bonus, as you hug yourself create a bilateral stimulation by alternately tapping one shoulder and then the other.

## Additional Resources:

- Meditation apps for brief guided meditations: Insight Timer, i-Qi Clock
- *The Resilient Practitioner: Burnout and Compassion Fatigue Prevention and Self-Care Strategies for the Helping Professions* by T. Skovholt & M. Trotter-Mathison
- *Simple Self-Care for Therapists: Restorative Practices to Weave Throughout Your Day* by Davis Bush
- <https://www.youtube.com/watch?v=8VwufjrUhic> Yoga with Adrienne - Alternate Nostril Breathing
- <https://www.youtube.com/watch?v=8VwufjrUhic> Shaking Stress Exercise Natural Stress Relief i Yosemite Qigong Expert Lee Holden
- <https://www.youtube.com/watch?v=8VwufjrUhic> Shaking the Bones with Dr. Ann Marie Chiasson