MICRO SELF-CARE
You are never to busy for self-care

ALTIUS MIND INSTITUTE

Small Powerful Practices to Boost your Well-Being

Micro Self-Care

What is it?

Many people are too busy and caught up in their work and responsibilities and that often leads to them neglecting their mental and physical well-being.

Micro self-care" is about weaving tiny moments of care into your daily life. These 2-5 min practices can calm your mind, relax your body, and improve your focus — without needing a long break!

Reflection

Think about the moments where you struggle the most.

I feel tense at work	I forget to check in with myself
I push through stress without breaks	I avoid slowing down
I ignore my body's signals	I multitask too much
I rarely celebrate my efforts	I bottle up my emotions
I downplay my own needs	I feel guilty when i rest
I rush through the day without reflection	I neglect my water intake

Helpful techniques for you!

Try some of these techniques the next time you feel anything from the list above or something else, and try to prioritize your self-care one day at a time.

10 Micro-Self care techniques

1	*3 Deep Belly Breaths*	*Breathe in for 4, out for 6 — repeat 3x.*
2	*1-Minute Body Scan*	*Notice tension from head to toe and relax each area.*
3	*Gratitude Flash*	*Think of 1 thing you're grateful for right now.*
4	*Stretch & Release*	*Neck rolls, shoulder shrugs, wrist circles.*
5	*Grounding Game (5-4-3-2-1)*	*Name 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.*
6	*Hydration Break*	*Drink a glass of water mindfully.*
7	*Micro Walk*	*Walk for 2 minutes, no phone.*
8	*Positive Self-Talk*	*Say one kind thing to yourself aloud.*
9	*Mindful Sip (Tea/Coffee)*	*Savor 3 slow mindful sips.*
10	*Nature Connection*	*Look outside & find something calming (tree, sky, etc).*

Think about which ones would work best for you

Start by trying out the ones you feel would work best for you and try new techniques moving forward depending on the situation.

Do not neglect your mental well-being, no matter how busy you are during the day, you can always find a way to prioritize your self-care even if it is for 5 minutes.

CONTACT US TODAY FOR MORE INFORMATION

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