



My Top 30 Nurturing Activities

Maria Dillon Blog - Stress - 2022

1. Brain dump (writing free flow of thoughts to a page)
2. Read
3. Meditation practice
4. Yoga stretches
5. Breathwork: slow/quiet breaths; box breathing; 4-7-8 breaths; other
6. Hand massage/foot massage with oils; luxury creams; aromatherapy oils
7. Body resistance training for arms and legs
8. Stare out the window at nature
9. Look at the clouds – notice images – sketch them
10. Hot drink – sit quietly and enjoy it mindfully
11. Cardiac workout
12. Wellbeing podcast (on Amazon music app – Dr Chatterjee 'Built to Thrive Daily' are about 5 minutes)
13. Sit or lie out in the garden

14. Day dream / visualisation
 15. Pause to notice your internal dialogue of thought, emotions and sensations
 16. Listen to music quietly OR dance
 17. Sit outside in the morning sunlight and expose your eyes to the brightness (sets Circadian rhythm)
 18. Sit inside and open a window to bring nature in
 19. Go outside and take a photograph of nature
 20. Gardening
 21. Light a candle and watch the flame
 22. Listen to sounds of nature/waves/birdsong on an app.
 23. Burn some aromatherapy oils and sit
 24. Ponder on a quote/poem / daily words of wisdom
 25. Play a musical instrument
 26. Gratitude journal 10 things that you are grateful for in your day
 27. Looking at a beautiful picture, photo, pebble, or another item.
 28. Nap
 29. Lie down and do a body scan from head to feet allowing tension to flow out
 30. Stroke your pet
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“Almost everything will work again if we unplug it for a few minutes, including you.”

Anne Lamott
