

# SELF-CARE PRACTICES for REALISTS

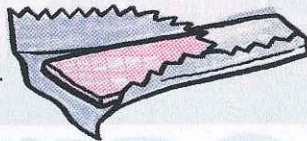
By Shannon Reed



**I will bend my knees today.**  
*Getting into and out of bed counts.*

**I will take one deep breath today.**  
*Inhaling to yell "Stop! Don't eat that!" at the dog counts.*

**I will eat thoughtfully.**  
*All foods, including gum, count.*



**I will look with love and kindness upon at least one person.**  
*Refraining from rolling my eyes at the woman who cut in front of me in the school drop-off line counts.*

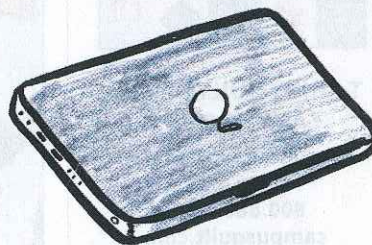
**I will take the time to listen closely to someone.**  
*Enduring my boss's running commentary about her daughter's search for a prom dress counts.*

**I will explore aromatherapy.**  
*Noticing that Joanne once again used the office microwave to heat up sauerkraut counts.*



**I will get a massage.**  
*Falling asleep in the broken massage chair while waiting for my daughter to finally choose which phone case she wants from the kiosk in the mall counts.*

**I will learn a new hobby.**  
*Making a list of realistic self-care ideas counts.*

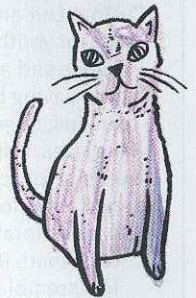


**I will listen to a song I enjoy.**  
*Catching 30 seconds of that Fugees song playing over Target's loudspeaker as I pick up milk counts.*

**I will make time to read more.**  
*Leaving open a browser tab for an investigative journalism story I intend to get around to someday counts.*

**I will learn a new yoga pose.**  
*Bracing the door open while I scream for the cat to come back in counts.*

**I will take a bath.**  
*Getting soaked to the skin by my son splashing in his bath counts.*



**I will write one letter of gratitude.**  
*Sending my sister a poop emoji counts.*

**I will get enough sleep.**  
*Streaming The Good Place at 2 a.m. counts: Kristen Bell appears to get enough sleep.*

**I will develop a soothing evening ritual.**  
*Remembering to close the laptop before I fall asleep counts. Actually turning it off means that my self has been fully, and lovingly, cared for. I am complete.*