

## Self-Care Activities in the Chat for the Wellness Webinar with Peggy Swarbrick – May 10, 2019

I take care of myself by journaling; i call it a "brain dump!"

I love the catharsis of playing the drums.

I take care of myself by sleeping and listening to music.

I also use music either playing or listening too

I have to walk off my stress

I "unplug" on the weekends.

Putting the phone on "airplane mode" for even 5 min. helps

deciding not to engage at all in my free time

Watch mindless tv

lavender bubble baths and a good self-care podcast to relax to

Meditation, time in nature, relaxing music

adult coloring books and dot to dot books

exercise, read,

Walking (when it's not raining), playing with my kids, telling silly jokes!

Exercise--and making sure to keep it brief and energizing and \*not\* exhausting

netflics movies, praying, walking

meditation

Playing with my kids

shopping

Swimming is also a big one for me, being in or near water in general is a big relaxer for me. I also cook or bake. Creating something through methodic measurement while listening to music is great for my stress, bonus that I get to eat it after

walking the dog

fishing

connect with family on the weekends

playing video games

Go shopping

whack a mole

manicure and pedicure

baking, visiting my mom, talk to my daughters

I teach dance and theatre in my agency and that has proved to be useful in provoking self-confidence and good memory for my clients.

Playing Drums

adult activities

watching sports, traveling

I love Adult Activities

going through family fotos

I agree, Singing, dancing, and cooking works very well for me!