



"Be kinder to yourself than the kindest person you know... then and ONLY THEN will you hold compassionate power over your emotions, and experience the calm and joy of self-fulfillment."

"The little things? The little moments? They aren't little."

Jon Kabat-Zinn

DAILY SIMPLE COMFORTS

DAILY PRACTICE FOR SIMPLE SELF-CARE (inspired by DBT, NLP, MSC therapies)

Although we tend to focus on big goals in life, career success, healthy relationships, and so forth, it is imperative we take the time to experience "little" daily goals as well. This may seem ridiculous and "too simple" to add value or help you feel better. However, studies reveal it's essential to provide moments of self-care if you expect to feel good in life. In fact, it is our daily practices that build emotional well-being and the associated enjoyable life. Take empowered action to provide simple comforts.

WHY WOULD SOMETHING SO SIMPLE WORK? IT IS ALL ABOUT HAVING THE MINDFUL "INTENTION" TO CARE FOR YOURSELF WITHIN THE MOMENTS OF SIMPLE SELF-CARE.



Brings attention to yourself (attention is love) in the moment and produces increased oxytocin ("feel good" neurochemical and hormone)



Calms your nervous system within moments (with the intent for self-care) and provides long-term emotional and physical health benefits



Daily intentional self-care and mindful self-compassion, builds neuroplasticity (change within your neural connections) and the more automatic, self-compassion and calm you experience overall



Proven benefits of DBT and Mindful Self-Compassion therapy requires taking ACTION; simple comforts provide a tangible method to provide action-based, self-care



Healthier relationships due to enhanced oxytocin and other neurochemicals, plus a calmer nervous system, allow for more connection. When we are in "rest and digest" mode, rather than "fight or flight," this naturally opens us up to more trust, emotional connection and clear communication.

DEFINITION OF 'SIMPLE COMFORT'

- 1 Something comforting to do at **HOME** (or at a friend/family member's home)
- 2 Does **NOT INVOLVE BUYING**; must be something you **PURCHASED AHEAD OF TIME**
- 3 **CAN INVOLVE PLANNING** for the future, planning a vacation, Google resorts, etc.
- 4 **REASONABLE** in quantity/time, (you decide) such as two cupcakes, glass of wine, or one movie.
- 5 Something caring for yourself, and **DOES NOT REQUIRE ANYONE ELSE**

DAILY PRACTICE

LIST your simple comforts (using this worksheet, or use your journal)

ENSURE items are purchased and on hand; be proactive (such as, always have grapefruits)

PROVIDE yourself with a simple comfort perhaps around same time every day (decide this)

ATTUNE to your emotions and provide extra comforts when feeling sad, lonely, empty, etc.)

FEEL GRATEFUL WHILE HAVING THE INTENT TO SIMPLY CARE FOR YOURSELF as you cannot be in a state of negative emotionality and gratefulness at the same time.

SIMPLE COMFORTS LIST

Simple Comfort Action	Quantity/Duration	Helps Me Feel
Sliced grapefruit with salt	1	Clean, fresh, healthy
Netflix	1.5 hours	Engaged, entertained, curious