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

action-oriented practice for self-care inspired by DBT, NLP, and MSC therapies

DAILY SIMPLE COMFORTS

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 health benefits. Take empowered action to provide simple comforts.

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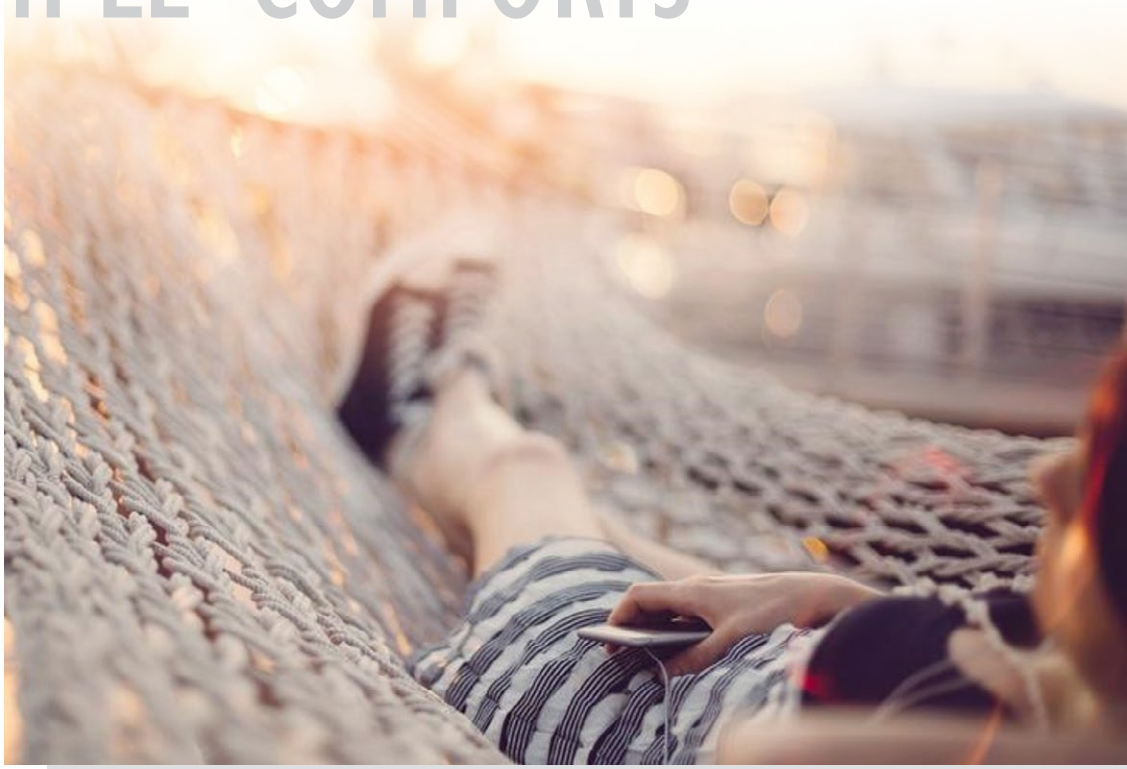
Studies reveal it's essential to provide moments of self-care if you expect to feel good in life. In fact, it is our daily practices that build emotional well-being and the associated enjoyable life.



WHY WOULD SOMETHING SO SIMPLE WORK? IT'S ALL ABOUT THE MINDFUL "INTENTION" TO CARE FOR YOURSELF WITHIN THE SIMPLEST OF MOMENTS

- Provides quality time and attention to yourself (attention is love) in the moment
- Increases oxytocin ("feel good" neurochemical and hormone)
- Calms your nervous system within moments
- Provides long-term emotional and physical health benefits
- Daily intentional self-care and mindful self-compassion builds neuroplasticity (change within your neural connections) for more calming hormones overall
- Proven benefits are connected to action-oriented, self-care methods, not just thinking about being kind to yourself, but providing tangible kindness, which this daily simple comforts practice provides
- Increases self-confidence, self-worth and self-love in a way that we can actually feel and notice (self-actualization)
- Creates healthier, more fulfilling, trusting relationships due to increased sense of self-worth (when we feel worthy of our own self-care, we feel worthy of others care)... plus, increased oxytocin and other neurochemicals allow for more feelings of connection with ourselves and others

definition WHAT IS A SIMPLE COMFORT?

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

practicing DAILY SIMPLE COMFORT

LIST your simple comforts (using this worksheet or your journal)
ENSURE items are purchased and on hand; be proactive (for example, always have bubble bath soap)
PROVIDE yourself with a simple comfort every day (it could be the same or different, it could be scheduled or spontaneous)
FEEL GRATEFUL WITH THE INTENT TO CARE FOR YOURSELF as you cannot be in a state of 'fight-or-flight' activation and gratefulness at the same time. Gratitude with action-oriented, self-care literally shifts your neurochemicals and hormones.

SIMPLE COMFORTS LIST

Simple Comfort Action	Quantity/Duration	Helps Me Feel

"Our most basic emotional need is not to fall in love, but to be genuinely loved... through choice and loving action."
Loving ourselves is a choice and loving is action.
Gary Chapman, The Five Love Languages

SIMPLE COMFORTS LIST

Simple Comfort Action	Quantity/Duration	Helps Me Feel