

21 High Vibe Ways to Self-Care

- 1 Breathe deeply
- 2 Go outside, soak up sunshine or starshine
- 3 Put your bare feet on the earth and ground
- 4 Laugh
- 5 Smile
- 6 Write an affirmation
- 7 Say a prayer
- 8 Say a mantra
- 9 Connect with an animal
(pet or an animal in nature)
- 10 Dance
- 11 Listen to uplifting music
- 12 Stretch
- 13 Make a gratitude list
- 14 Hum or whistle
- 15 Release emotions through making sounds
- 16 Take a walk in the woods, put your back up against a tree
- 17 Write in your journal
- 18 Drink high quality water out of glass containers
- 19 Tap different areas of your body with your finger tips
(EFT tapping techniques to wake up the central nervous system)
- 20 Meditate
- 21 Take a flower essence



