



5 steps to Emotional First Aid

Step 4: Creating a nourishing routine

What we do every day can help support us or can drain us. There are some things we cannot control and need to do in order to support our family. However, there are always opportunities to do some lovely things that nourish us, even if it is just for a few minutes.

I have found that doing something nice for me for 5 minutes every hour helps me to connect with the positive things in my life, when the outer circumstances are more challenging. Here are some suggestions for 5 minute nourishment:

- Short Yoga with Adriene session:
<https://www.youtube.com/watch?v=nQFf38xeBww>
- Morning pages: grab some paper and write 3 pages of a stream of consciousness – don't think about it or read it after – just get it out
<https://juliacameronlive.com/basic-tools/morning-pages/>
- 5 minute meditation:
<https://www.youtube.com/watch?v=inpok4MKVLM>
- Simply walk around the house or garden
- 5 minute rest

I am going to take 5 minutes right now to.....

Thoughts, feelings and reflections: