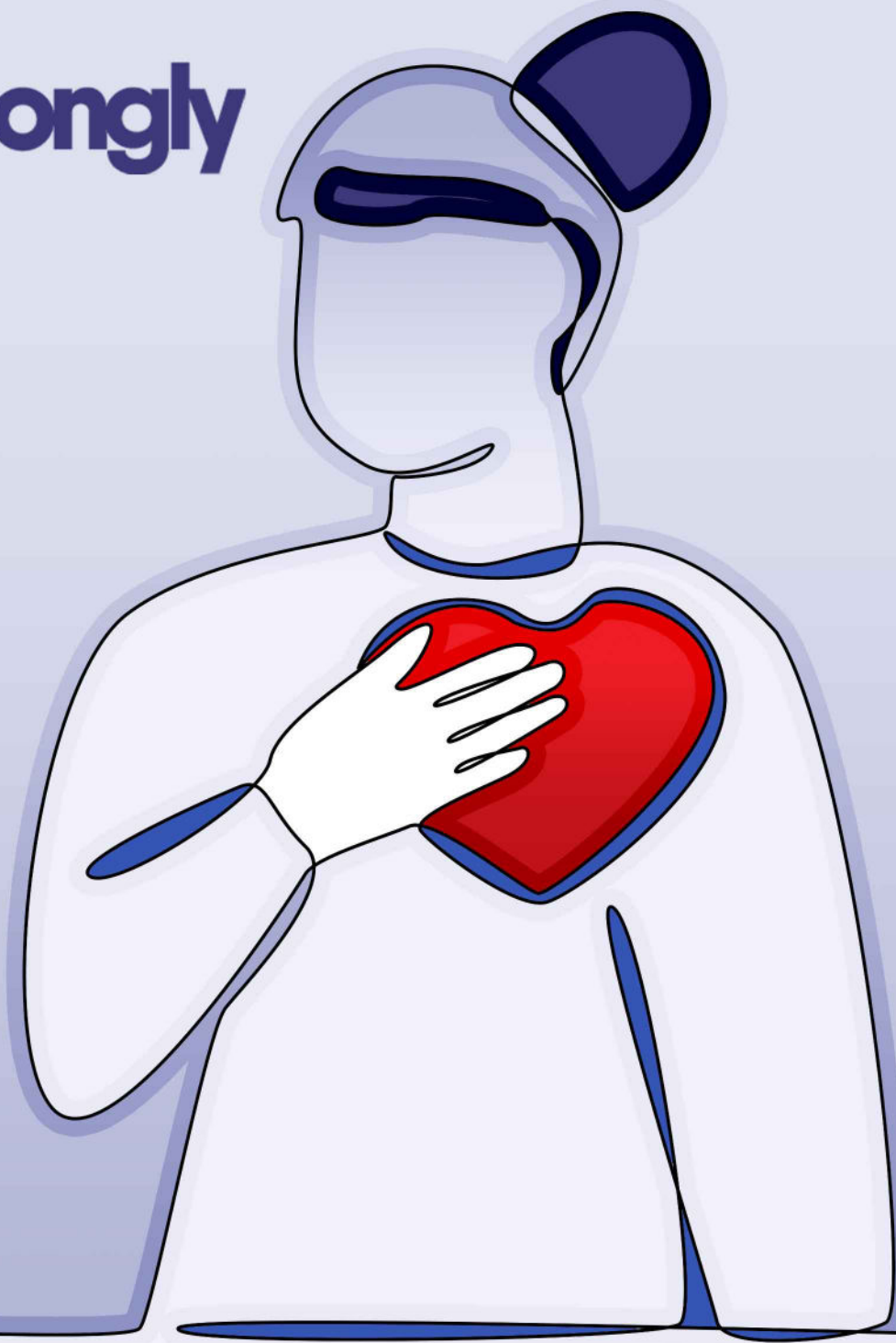


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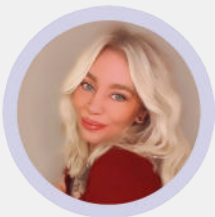
Self-Care Sprints: Micro Strategies for Healers

Discover an array of simple yet powerful strategies to rejuvenate, from one-minute mindfulness exercises to desk-side stretches.



With our "Self-Care Sprints" tool, we turn the focus back on you, even amidst the hustle of your impactful work. We understand how the demands of therapy can leave little room for self-care, so we've crafted this guide to fit snugly into the nooks and crannies of your busy day. Across these pages, you'll find quick, effective self-care practices tailored for mental health professionals who are always giving yet often forget to give back to themselves.

In this mini-guide, you'll discover an array of simple yet powerful strategies to rejuvenate, from one-minute mindfulness exercises to desk-side stretches. These small acts of self-care are designed to refresh your mind, invigorate your body, and uplift your spirit. They are quick enough to fit between sessions but impactful enough to sustain your well-being. This guide is more than just a collection of activities; it's a gentle, constant reminder that taking care of yourself is not just essential; it's non-negotiable for the great work you do.



Danielle Rose (Dani) Allen, MSW CTRC (She/Her)

Dani Allen is the Clinical Outreach and Development Manager for [Belongly](#). At [Belongly](#) she is responsible for engaging in outreach and marketing efforts to establish collaborative alliances with mental health practitioners who can gain value from the Belongly community while supporting clinical referrals for therapists and facilitating networking connections. She offers specialized knowledge on mental health subjects and the requirements of therapists and creates valuable downloadable content and resources for existing and prospective members of the [Belongly Community](#).

Self-Care Sprints: Micro Strategies for Healers

Micro Self-Care Guide:

- **Two-Minute Mindfulness:** Before you step into your next session, take two minutes to practice deep breathing. Inhale tranquility; exhale stress.
- **Gratitude Flash:** Jot down one thing you're grateful for today. A dash of gratitude can sweeten your whole day!
- **Stretch it Out:** Between clients, do a quick stretch. Touch your toes, reach for the sky—let's get those muscles happy!
- **Hydration Station:** Keep a water bottle at your desk. A sip here and there keeps you re-freshed and clear-headed.
- **Desk Dance:** Put on a favorite tune and have a 30-second dance party at your desk. A little boogie never hurt anybody!
- **Nature Gaze:** Spend a minute looking out the window. A bit of nature can be a soothing balm for the soul.
- **Compliment Yourself:** Give yourself a compliment. You're amazing, and don't you forget it!
- **Laugh Break:** Watch a funny video or read a joke. Laughter is, after all, the best medicine.
- **Thought Release:** Write down a nagging thought, then tear it up. Let it go and feel lighter.
- **Happy Feet:** Take off your shoes and wiggle your toes. Sometimes, it's the little things!
- **Soothing Sips:** Enjoy a cup of tea or coffee mindfully. Savor the flavor, temperature, and aroma.
- **Power Pose:** Strike a superhero pose for a confidence boost. You have the power!

Remember, these micro-moments of self-care can make a big difference in your day. You're doing an incredible job, and it's perfectly okay to take a moment for yourself. Go on, you've earned it!

Creating Your Weekly Self-Care Plan:

This section is all about personalizing your self-care routine. Take a moment each week to map out simple self-care activities you can realistically integrate into your schedule. Here's how:

- **Identify Your Self-Care Slots:** Look at your weekly schedule and identify small pockets of time for self-care. Even five minutes between sessions can be golden.
- **Choose Your Activities:** Refer to the micro self-care strategies in the guide. Select a variety that resonates with you for each day of the week.
- **Plan with Flexibility:** Be realistic and kind to yourself. If a day gets too hectic, it's okay to skip or swap activities.

Reflect and Adjust: At the end of the week, take a few minutes to reflect on what worked well and what didn't. Adjust your plan for the next week accordingly.

The goal is to make self-care a natural part of your routine without it feeling like another task on your to-do list. It's about creating moments of calm and rejuvenation that fuel you through your week.

JANUARY-2024

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Important Notes

Weekly Goals

NOTES

[illegible]

FEBRUARY-2024

M	T	W	T	F	S	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

Important Notes

Weekly Goals

[illegible]

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[illegible]

MARCH-2024

M	T	W	T	F	S	S
26	27	28	29	1	2	3
5	5	6	7	8	9	10
12	12	13	14	15	16	17
19	19	20	21	22	23	24
26	26	27	28	29	30	31

Important Notes

Weekly Goals

[illegible]

NOTES

[illegible]

APRIL-2024

M	T	W	T	F	S	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

Important Notes

Weekly Goals

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MAY-2024

M	T	W	T	F	S	S
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Important Notes

Weekly Goals

NOTES

JULY-2024

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Important Notes

Weekly Goals

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AUGUST-2024

M	T	W	T	F	S	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
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Important Notes

Weekly Goals

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SEPTEMBER-2024

M	T	W	T	F	S	S
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2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

Important Notes

Weekly Goals

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OCTOBER-2024

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9	15	16	17	18	19	20
16	22	23	24	25	26	27
23	29	30	31	1	2	3

Important Notes

Weekly Goals

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NOVEMBER-2024

M	T	W	T	F	S	S
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19	20	21	22	23	24	25
26	27	28	29	30	1	2

Important Notes

Weekly Goals

NOTES


[illegible]

DECEMBER-2024

M	T	W	T	F	S	S
30	31					1
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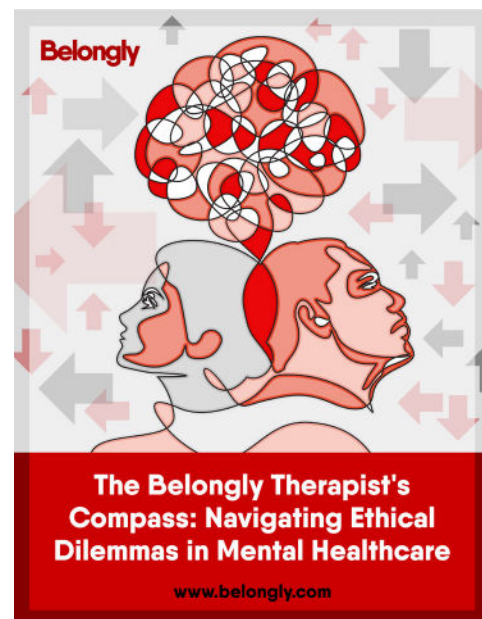
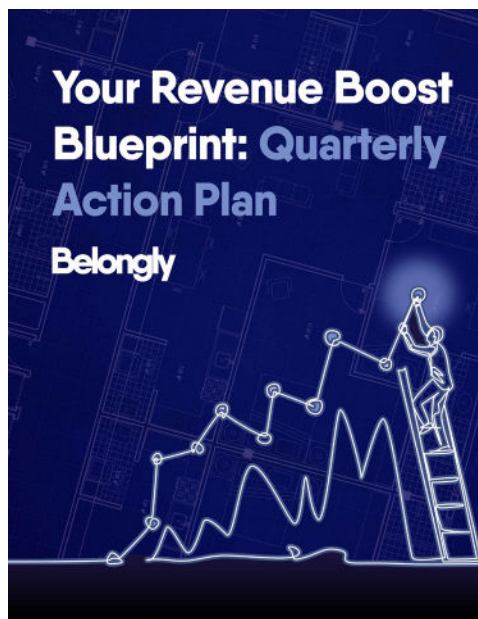
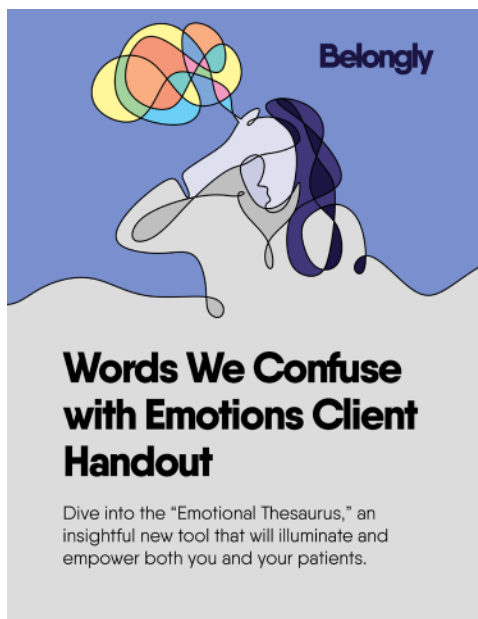
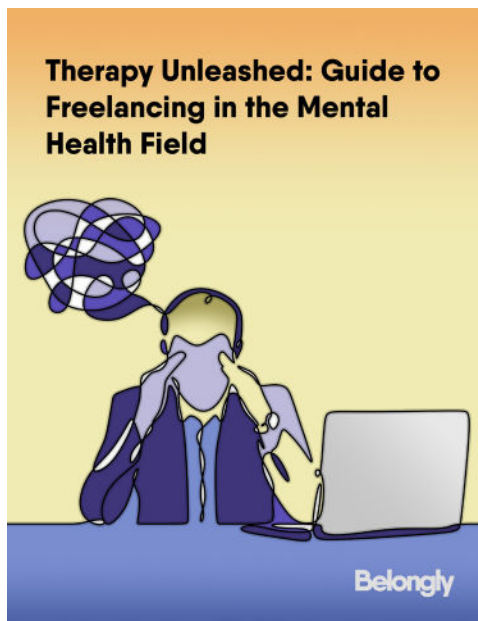
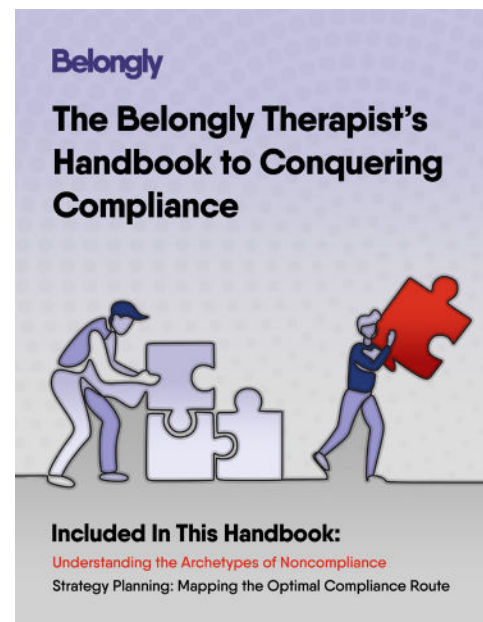
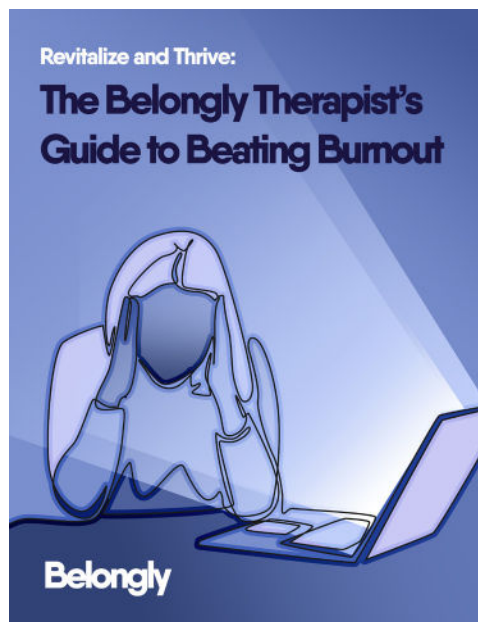
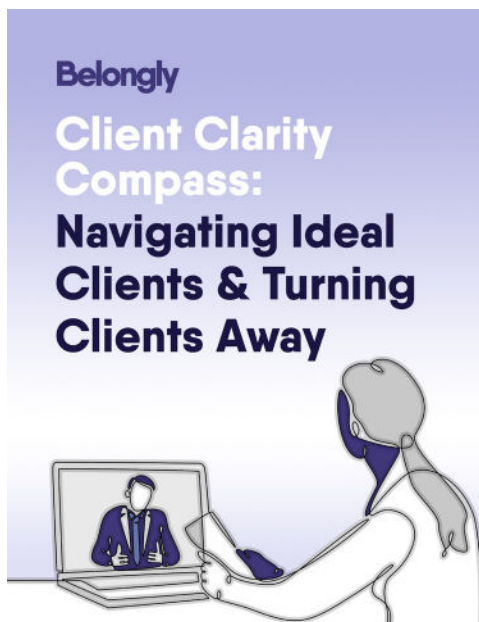
Important Notes

Weekly Goals



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- 03. Excellent SEO for your website

