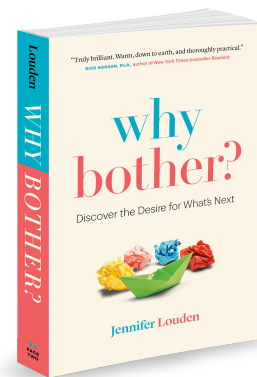


Journal prompts and examples of Minimum requirements for Self-care



It helps me to write down my minimums and check back in with them every season and during stressful times. It is never about raising the bar on yourself or setting goals but about trying to see past your blind spots to where you might be neglecting what you need because well, it seems impossible or not worth bothering about.

HERE ARE A FEW JOURNALING PROMPTS TO GET YOU THINKING.

Without _____, I lose a connection to myself.

I get cranky when I don't or can't _____.

What helps stay on my own side the most includes _____.

I feel most me when I _____.

My body helps me feel connected when it has _____.

I could live without _____ but not for long.

What helps me remember I'm safe and okay includes _____.

I get out of whack if I have too much _____ or _____.

It's easy for me to dismiss that I need _____ to feel okay.

I also find it helpful to read other people's minimums because they remind me of things I might be forgetting or down playing.

Here are mine:

- Running and dancing and squirming around on the floor
- Eight to nine hours of sleep
- Reading fiction
- Messing around with art materials
- Clearing clutter and making my house tidy
- Limiting my news and social media especially when I feel less than
- Alone time in nature sitting or reading
- Desire retreats
- Facetime and visits with my daughter Lilly
- Hanging out with friends who are smart and silly
- Sex with Bob
- Doing something outside my normal life like going on a walk in a different part of town or on a day trip to the city
- Learning something challenging

Here are some examples from members of the Oasis:

- Back stretches
- In bed by 9:30 with devices off
- Exercise in some way (even just 15 minutes)
- Meditate for 10 minutes
- Freewriting for 5 minutes
- Doing anything creative at the end of my work day
- Eating something raw and real
- Talking to my sister
- Putting my hands in dirt
- Making something new and exciting for a meal
- Reading stories from other countries
- Taking a bath

Now it's your turn.

What do you need to stay grounded, sane, and in touch with yourself?