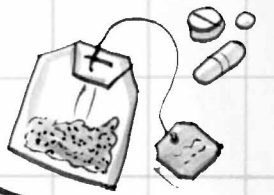


NOTE: I don't always do everything listed here! It's an ideal list since real life demands flexibility. But even doing most of it has vastly improved my life, and helped me make smarter decisions ...

Laura Lee's Self Care Plan

Hero's Training Regimen



Physical Needs

DAILY

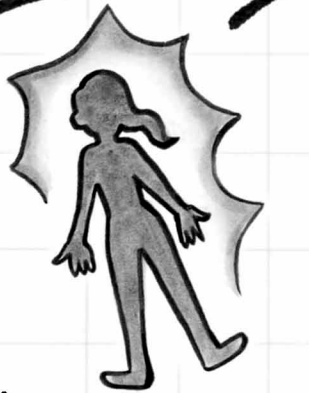
8 hours of sleep
Supplements & Food Medicine
No caffeine after 2pm
No spirits
CHEESE LEVELS
Natural beauty
Affection XO (8 hugs a day??)
-->Self hug + massage
Desk breaks with movement

REGULARLY

Hot baths & steaming
Wear wrist brace
while cleaning & flag
Fanny packs
Seasonal healing
(sound bath/ massage)

WEEKLY

Hiking in nature 2 hr
Yoga w/ vis. meditation 45 hr
Physical Therapy wrist 30 min
Physical Therapy body 2 hr
Cooking a meal from scratch
Heating Pad & Ice pack
Weighted blanket
Flossing
NAPS!



Daily Supplements

Tulsi Tea
Wheat Germ
Prunes
Kombucha
Local, fresh
real food
(vegetarian)

Multivitamin
Fish Oil
Probiotic
Vitamin D
Calcium
Melatonin

Rotating:
Rose
Ginger
Turmeric
Lemon Balm
Linden
Motherwort

Support System

WORLD FAMILY:

Larken
Juliet
Megan
Rochelle
Bonnie

BIOLOGICAL FAMILY:

Mom
Dad
Brian
Elaine
Wendy

+ Artners,
Historical &
Living Mentors,
Ancestors,
Readers,
Magical & Animal
Helpers

Emotional Needs

Contemplative Dance (sun. + studio)
Color guard!
Singing & making up songs
Toning, Humming, Chanting in car
Making playlists & radio listening
AM Gratitude & PM Prayer
Water & food blessing
Mani weekly (for nail biting)
Face scrub/ mask
Scent Scene changes
Exploring new places
Introvert Social recovery time
Sunset /golden hour outside
Phone dates w/ support system
Friend dates in person
Sending snail mail

Talk therapy
Time in nature
Time with Kids
Time in water
Time with animals
Playtime with Rory
Growing plants
Service
Womb work
Self dates
Flowers



*When stress symptoms flare up...do some things from your self care plan! And reach out to someone in your support system.



Mental Needs

WEEKLY

2 Days Off & Flex Time
Some Fridays off
Fictional Assistant time
Contemplative chores
(like washing dishes)

REGULARLY

Silent Days monthly
Personal art time
Journaling
Alone time
Artnering with others
Learning new things

DAILY

Know my WARNING SIGNS
Advocating for needs!!!
Meditate 10 min
Avoid violent content
No screens after 9:30pm
Limited social media
Controlled news intake
Periods of silence
Reading for fun

YEARLY

One pager for doctor visit
Self Care Plan update
"Comic Con/ Residency" Plan



Stress Warning Signs

Insomnia (do yoga nidra when flares up)
Cry Cry Cry Cry Cry
Melancholia
Appetite loss
Working late
Racing thoughts
Racing heart
Excessive nail/ cuticle biting
Feeling "overwhelmed"
Overindulgence (\$/ treats)
Increased insecurity/ doubt
Pain in neck, back, wrist, or belly
Hunched over posture
Excessive future tripping or nostalgia
Eye styes/twitching, avoiding eye contact
Trouble communicating or listening
Defensive/ Caged/ Guarded
"Loopy" Outbursts
Self isolating
Negative speech
Temperature drop/ sweaty



★ RED FLAG RITUAL: Take a shower, make tea, light incense, stair step breath.
FIND YOUR WORDS. ASK FOR HELP.