



111 Gentle Ways to Nurture Yourself

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by Ilenya Marrin, DSS

Practical steps for nurturing self-compassion, resilience, and heart-centered wisdom

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For more information, write to: ilenya@ilenyamarrin.com

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Introduction

Hello! Welcome to My World of Self-Nurturing!

As the author of *Nurture Yourself First: Gentle Steps in Personal and Planetary Transformation*, I am eager to help you move forward in taking exquisite care of yourself so you can enjoy greater self-compassion, resilience and heart-centered wisdom.

This small book is a brainstorming list including quite a few items that did not make it into *Nurture Yourself First*, to help you quickly see many possibilities available for self-nurturing strategies. Although it is by no means comprehensive, this list can help you identify compassionate and caring strategies that support and encourage your positive learning, growth, and upliftment.

Depending on your stage in life, your preferences and needs, some of these suggestions might be exactly your next steps in self-nurturing. You could use any that suit you, or brainstorm to choose other wonderful next steps for taking excellent care of yourself, *because you want to*.

Chapter 1

Getting Started

No Shoulds!

Although any of these self-nurturing strategies could be viewed as self-improvement projects or next steps on an “I really should” list, please experiment with a new perspective.

Try choosing one or more self-nurturing steps with the attitude of supporting and encouraging your own wonderful self!

Small Steps for Greater Well-Being

Each activity could help you to enjoy greater well-being. Many might expand your consciousness. But please approach them as steps in giving wonderful care and support to yourself, not as tasks to plow through based on will power.

How Could You Truly Nurture Yourself?

What have you been *wanting* to do for yourself? This is not about what you think you *should* do but what you *would like* to do to be kind and encouraging to yourself. You could undertake overcoming a big challenge, *if* you are ready and truly *want* to do so.

Please note that I have not suggested dieting or quitting smoking as self-nurturing strategies below. Although several students successfully undertook these strategies, be thoughtful and honest with yourself. Is that diet something you think you *should* do, or are you bursting with enthusiasm to love yourself forward with a new eating plan?

Benefits and Blessings

If you are willing to explore and experiment with compassion for yourself, these strategies will nurture you. You may find more love and joy bubbling up from the core of your being. Or more confidence and self-compassion. You may find more space for creativity or spirituality in your life, or more resilience in the face of stress, and confidence to express your authentic, heart-centered self.

Persistence Needed: Apply Within for Powerful Transformation

Please note that many self-nurturing strategies may seem simplistic or boring. This is not a glamorous way to transform your life. It is practical. It is deceptively simple. It can be extraordinarily powerful. These basic steps in self-care nurture your inner being by validating your worthiness to yourself. They say, *I matter to me!* They let your multi-faceted, multi-dimensional self know that you are valuable and loved.

The key is to commit to a practice and do it for at least four to five weeks, long enough to give it a fair trial, observe your results, and decide if you want to maintain it as a long-term routine or habit. I like to say you are creating habits of the heart.

Choose Practices to Fit Your Needs

The list that follows provides straightforward suggestions you may adopt, or use to imagine, brainstorm and choose your own self-nurturing practices. Almost any of these strategies could become a daily practice, woven into your routine in small increments, such as a few minutes daily for a creative activity that brings you pleasure.

Like my students, you might choose one strategy each from the physical, emotional, mental and spiritual levels of consciousness and do them faithfully for at least four to five weeks. Or choose one or two that most resonate with your current needs and fit your lifestyle.

Small Steps for Success

I suggest you go slowly, with small gentle steps, and discover how self-nurturing can support you. But be persistent! It is better to do one small self-nurturing strategy for a month and really learn how it works for you, than to tackle a dozen only to watch your interest and energy fizzle after three days!

Most of the suggestions are simple and straightforward. You already know how to do them or can easily find instructions on the internet or in magazines and books. In a few cases, I have given more detailed instructions for specific strategies that have helped me over the years.

Chapter 2

Physical Level Nurturing



Many people report that exercise nurtures their well-being, physically, emotionally and mentally. A key is to exercise regularly. Sometimes our schedules do not permit daily practice, but three or four times a week is enough to shift your energy and improve functioning on the physical level. (Please check with your doctor before undertaking a new exercise regime!)

Gardening, walking two greyhounds, and taking Tae Kwan Do classes help me to stay energized and balanced.

What physical activities bring you joy and balance? What small changes would support, encourage, enhance or increase your physical level self? Your health and fitness?

Exercise and Outdoor Activities

1. Walk yourself. Wear comfortable shoes and walk, preferably outdoors, but if weather is awful, a mall or indoor track will do.
2. Walk the dogs. Let their excitement and gratitude help motivate you to get moving outdoors.
3. Do something different, that you might not have done for years, like ride a bike or roller skate.
4. Do a vigorous workout. Try a family-centered martial arts program, or join your local Y. I found a family style Tae Kwan Do center and adore working out with seven to ten year olds plus a handful of teens and adults.
5. Practice standing on one foot for balance while brushing teeth or doing other stationary tasks.
6. For a simple way to relax shoulders and gradually strengthen upper arms, do slow and gentle doorframe pushups while waiting for a person or a pet.
7. Tend a plant or a garden. Get your hands in dirt and appreciate the cycles of nature.
8. Go for a drive down a road you have never explored before.
9. Take a bus or train that you have never taken before. Explore a new neighborhood.

10. Take a yoga or Pilates class two or three times a week.

11. To counteract computer neck posture, do a series of neck retractions daily. Stand straight with your back and head against the wall. Tucking your chin, press your neck back toward the wall for three or four seconds. Relax, letting your chin move forward. Work up to 20 repetitions. I now do this in my car, pressing back against the headrest with each retraction.



12. Take a dance class. Anything from ballet to belly dance, from ballroom to tap, could be fun and improve your health, stamina and energy levels.
13. To relax your neck and shoulders, try this technique that I learned from an elderly yoga teacher. For best results, do it three or four times a day. With legs about one and one half shoulder width apart, place your hands just above your knees, arms straight, and drop into a squat as if you were going to sit in a chair. Now, keep your left arm straight, bend your right arm and rest your right elbow over your right knee where your hand was. Turn your head to look up over your left shoulder. Now bounce your seat a few inches up and down, about 12 times. Switch to do the other side. Your neck and shoulders should feel pleasantly relaxed in comparison with when you started.



14. Get a mini trampoline for your garage or basement and gently bounce or walk-run in place to stimulate your lymphatic system.
15. To ease your aching back, lie on the floor with your legs on a couch, with thighs ninety degrees to the floor and calves resting on the couch. Spread your arms wide and relax for ten minutes.
16. Use a pedometer, or a fitness monitor if you already have one, aiming for 10,000 steps a day.
17. Keep favorite music at the ready, and dance your way through television commercials!



Food and Nutrition

Some people get a boost of energy and mental clarity simply by boosting water intake. Others see positive results from eliminating a single food, or adding a few supplements to their diet.

Several years ago, I read *Wheat Belly* by Dr. William Davis. I gradually cut wheat products and later most other grains from my diet. My nurturing experiment clearly showed that I feel happier and more energetic when I leave these items alone, except for the *occasional* decadent dessert.

How might you experiment with your food and beverage intake to support your overall health and well-being?

18. Switch one of your favorite food items to an organic equivalent.
19. Put an attractive bottle, glass or carafe of water where you will see it and drink often.
20. Drink about sixteen ounces of hot or cold water with the juice of half a lemon or lime each morning.
21. Reduce or eliminate refined sugar from your diet for a few weeks. Keep track of how you feel before and during this experiment.
22. Big family? Nurture yourself by planning and cooking ahead. Some busy moms swear a monthly cooking marathon is a sanity-saver. Freeze clearly labeled meal-size packages to free up personal time on weeknights.
23. Take your supplements. Put a sticker on the wall calendar to say you did it.
24. Become a detective, follow the clues, and eliminate your personal problem foods. Read about food-sensitivities, sugar, wheat or grain-free eating, organic or vegetarian options. Consult your doctor or a nutritionist if you have health considerations. Slowly experiment to discover what works best for you.

25. Explore intermittent fasting, in which you eat within a limited frame such as 8 a.m. to 6 p.m., and fast outside those hours, letting your digestive system rest.
26. Make a practice of cooking and eating mindfully. Slow down and appreciate the process of preparing and taking in your food.
27. Write down everything you eat for a week and then decide how to make small changes in your eating routines. What could you add or eliminate as part of nurturing yourself?



Personal Care

Personal care gets quite a bit of hype in the media because it often sells products – makeup, nail care, hair products, etc.

Right now, I am on a kick to own less stuff, thereby simplifying my lifestyle. The less I own, the less I have to maintain and the more time I have for creativity, socializing and spiritual pursuits. (I am in no danger of a Zen-like lifestyle!)

What could you do to take excellent care of yourself, ideally without buying any products?

28. If you typically wear a lot of makeup, experiment with minimal makeup for a few weeks.
29. Soak in a hot bath, with Epsom salts or bubbles if you wish. Light a candle and pour a glass of wine if that supports you, or indulge in your favorite author or relaxing music while you let the bath-magic work.
30. Use sunscreen as appropriate and sit in the sun for half an hour.
31. Give yourself a foot massage. Look up *foot reflexology* for how specific points on your feet connect with other areas in your body for a relaxing, refreshing practice.
32. Get a great haircut and style your hair daily for added self-confidence and esteem.
33. Use your moisturizer faithfully.
34. Get regular therapeutic massages.
35. Soak sore feet in pleasantly hot water with Epsom salts.
36. Wear plastic gloves to do dishes. (I started using gloves regularly only two years ago and my fingernails have been thanking me ever since!)
37. Darn your socks. Sew on missing buttons.



38. Tidy or declutter your home at least once a week to maintain harmony (good Feng Shui) and to refresh your emotional and mental outlook.
39. Own less stuff. You will have less to maintain. Donate or sell seldom used items. If you do not love and use it at least yearly, clear it out.
40. Organize your clothing and belongings so you can find and use what you want when you want it. A woman who used to search heaps of worn-once clothing when trying to get dressed, told me she finally started hanging up or washing and ironing clothing after each use, because she no longer wanted her clothes to inconvenience her!
41. Hire a housecleaner. One woman says although she doesn't make a lot of money, she *must* have cleaning help. Without help, she lacks time to keep things as clean as she would like, and she grows irritable and frustrated.

Sleep

So many of us are chronically short of sleep that we constitute a national epidemic. Lack of sleep does not make you heroic, just scattered, irritable, tired, and susceptible to illness. At my most stressed and sleep-deprived, I often nodded off for a second or two while driving Los Angeles freeways!

Since then, I have stalked better sleep for years. Using many of the steps below, I have finally climbed from an average of four to five hours per night to six to seven hours. I have never taken sleeping pills.



How might you enhance your sleep?

42. Aim for seven to nine hours of sleep each night. You might need to sacrifice some television or digital device time.
43. Turn on a fan or white noise device to support sounder sleep.
44. Keep your room very dark, or switch nightlights to red bulbs to remove blue light spectrum and enhance sleep. If you need a clock, get one with red lighted numbers.
45. To prepare for sound sleep, create a bedtime ritual with a cup of herbal tea, peaceful or boring reading, or journaling and reflection time.
46. If you grind your teeth or clench your jaw, speak with your dentist about a mouth guard. You might find that some



neck and jaw tension dissipates as a side effect of either a prescribed or over-the-counter device.

47. Change your sheets at least weekly for sounder sleep and fewer allergens.
48. If your sleep schedule is seriously out of kilter, try the strategy recommended in *Desperately Seeking Snoozin* by John Wiedman. Go to bed later and later until you are up all night, then stay up all the next day. Only in the evening when you are really tired, go to sleep at a normal time. Get up at the appropriate time for your schedule, stay up all day and re-establish a normal sleep routine.
49. If you can't fall asleep or you wake in the night, capture the thoughts swirling through your mind in a bedside journal. Get them out of your head onto paper where you can realistically consider them in the morning and take appropriate action. I taught myself to scribble in the dark so I do not wake my husband. Once I scratch the dreams, creative ideas or grocery items in my spiral notebook, it is easier to go back to sleep! A big key is to move on action items as soon as possible in the next few days. Then your subconscious mind will not need to keep you awake worrying.

Chapter 3

Emotional Level Self-Nurturing

For some reason, this is always the most challenging area in which to nail down strategies. I believe it is because emotions are tied so closely to our physical and mental well-being, so we find overlap in strategies to address emotional well-being.

I have relied on self-forgiveness for years to keep my emotions on track, and in recent years have made a habit of saying, "I'm loving this," when circumstances are challenging.

Experiment. What small steps could you take toward greater emotional balance and inner peace?

50. For emotional balance, form a self-nurturing support group with two or three others who share this interest. See *Nurture Yourself First* for simple guidelines to help you get started. Encourage each other in your intentions and activities around self-nurturing!
51. Join a therapeutic or educational support group – through a counseling office, college or community center, or a Twelve-Step program.

52. Listen to classical music, smooth jazz, or other uplifting music on your commute.
53. Listen to upbeat music *with positive words* while you walk or jog.
54. If you have frequent temper outbursts, research anger management techniques and practice a few that seem to fit for you.
55. If you are shy, say hello to strangers and engage in short conversations. Start with one stranger on the first day and work up to ten by the end of ten days.



- Continue initiating conversations with strangers for five weeks. How is your confidence?
56. If you often have good intentions but you sabotage yourself, try the SMART parts strategies suggested in *Nurture Yourself First*. Identify the aspect of yourself that has done the sabotaging and give it plenty of love and compassion.
 57. Forgive yourself for any judgments you have held against yourself. Whatever you criticize or judge in yourself, forgive yourself by saying, "I forgive myself for judging myself as...." Fill in whatever quality fits, such as, "I forgive myself for judging myself as a failure. I forgive myself for judging myself as stupid." When you are feeling down or irritated with yourself, look for the related critical words and forgive yourself until your emotions shift to a lighter and brighter state!
 58. Write in a journal about your feelings and daily dramas. Writing it out helps you gain altitude, understanding and compassion for yourself, leading to more peaceful feelings and more ability to cope in similar future situations.
 59. If your emotions are unruly, simply begin to observe your process. As if watching from a little above or behind yourself, notice your behavior, thoughts, and feelings. Notice any changes in your emotions when you switch to the observer viewpoint. In *Nurture Yourself First*, see the chapter on being the neutral loving observer plus the one on emotion, or ego energy in motion.
 60. When you feel irritated, tell yourself, "I'm loving this!" several times. I may start by saying this with gritted teeth, but I soon start to giggle at the incongruity of loving the messy or out-of-balance situation. At that point, I am much more neutral and can make appropriate problem-solving decisions.
 61. Look into your own eyes in the mirror every morning for thirty-five days. Each time, out loud, say your name and tell yourself *I love you*. If you miss a day, start over with day one and continue until you complete thirty-five days in a row. Make brief journal notes to document your transformation.



Chapter 4

Mental Level Self-Nurturing

You will find many resources to support your efforts! Search at your library or bookstore for books on positive affirmations or positive self-talk. Research shows that changing our thoughts to the positive can powerfully boost emotions, self-confidence, self-esteem and more. Positive self-talk can impact physical health and practical performance in many areas.

Bounce Back with Positive Focus

I have used both affirmations and positive self-talk since childhood, and love how quickly I can bounce back from irritation or disappointment as a result. Two nights ago, I worked on this document for about two hours, then my Microsoft Word program froze, I spent two hours on the phone with my tech support person, and I lost my evening's work because the auto save feature had not been working. When the support guy could not rescue my document, I drooped with disappointment, but quickly decided I would redo the document even better. I did not waste time dwelling on my loss. I imagined completing my work with ease and grace. My positive focus helps me to keep choosing solutions that work!

How could you nurture your mental level of consciousness? Are there pockets of negativity that you could release with more positive language, or areas of worry or fear that you could counteract with affirmations for the good?

62. Read books or search the web to find positive affirmations, choose a few that resonate for you, and repeat them hundreds of times a day while you walk or do chores. You are creating new neuron pathways in your brain so that your conscious and unconscious mind have new, more positive directions.
63. Alternatively, each day repeat your chosen affirmations a few times with conscious awareness, really getting the feeling of the success that the words convey.
64. Choose a short affirmation, make up a tune, and sing it to yourself many times daily, in the shower, washing dishes, driving, and so forth.
65. Write a page-long description of your ideal lifestyle using positive, present-tense statements like, "I am now enjoying . . ., I am easily and naturally . . .," and fill in the activities or qualities of your heart's desires. Read it at least once a day for the next three months. Note what changes take place in your life.
66. Watch your language! Each time you hear yourself make a negative statement, pause. Look for a way to say



what you want differently or more positively. For instance, instead of *I can't*, try *I don't want to*. Rather than, *That's too hard for me*, say *So far, I have not been willing to tackle that*. Instead of *I've never been able to*, say, *Up until now, I have not done that*. Replace *It's a pain in the neck* with *That is a nuisance*, or *I feel irritated about that*. Experiment. Rather than *He bugs the heck out of me*, try *When he does xyz, I feel quite annoyed. What could I reasonably say or do to request or encourage changes in his behavior?*



67. Learn to be assertive in asking for what you want and need. *I would like . . . I need . . . I have a request . . .* Being assertive is neither aggressive nor passive. It is healthy, positive, clear and honest! The other person may say no. So what? You can go elsewhere, wait and ask again a different way, or negotiate, still using straightforward statements.

68. Learn to say no to requests from others that take you off course from your purpose. For instance, if mooching friends or relatives are always asking for rides or money when you need

to be working, studying, or taking some well-earned time for yourself, give yourself permission to say no. You might have to repeat yourself like broken record at first as they wheedle, plead or try to make you feel guilty. You might repeat, *No, that won't work for me*. Or, *Sorry, I'm not available for that anymore*, or *No, my budget no longer allows that*.

69. Schedule time to support your personal dreams and goals. If you itch to be a writer, even a half hour daily putting words on paper will move you toward your goal. One author of children's books thought about plots and characters all week and did a blitz of writing on Thursday mornings when her four preschool children attended a Mom's Day Out program. Whatever your dream, find a way to take small steps consistently to make it a reality.
70. People with written goals are way more successful than those without written goals. Write down your major goals and timelines for accomplishment. Then break each one into a logical sequence of steps. Pick a goal: the most important to you, or the one easiest to knock out in the beginning. In one minute, vividly imagine successful completion of this goal. Next look at the beginning steps. Imagine happily completing the first few steps. Now get started! Make the first phone call or start the research. Repeat as needed. Check off steps as you complete them and add new steps as you discover more. You are no longer dreaming, you are doing! Repeat as you wish with your other goals. If your motivation falters, spend another minute or two vividly imagining successful completion of the end goals.

Chapter 5

Spiritual Level Self-Nurturing

If you long for that elusive “something more” in life, you might find it in spiritual pursuits. I differentiate spiritual from religious and believe *everyone* is spiritual regardless of religion or lack of it. Many people find deep inner peace and a renewal of their natural loving essence from spiritual practices.

I rely on spiritual exercises (a form of meditation), my prayer or intention of “Light for the highest good,” and uplifting reading and audio products to help me stay centered and balanced spiritually.

What small actions could you take to nurture your spiritual well-being? To bring forward more loving, joy and peace? To transcend your everyday consciousness and experience the mystical?



71. Sit in silence. Simply be quiet for five to ten minutes, doing nothing.
72. Find a quiet, protected space, unplug, and focus on your breathing for a few minutes.
73. Meditate. Find simple instructions at my website, www.llenyaMarrin.com, check out a book on the subject, or attend a local class. Commit to five minutes daily and gradually increase to half an hour or more as you wish. For best results, be consistent.
74. Do spiritual exercises (similar to meditation) for soul transcendence. See www.msia.org.
75. Walk mindfully, paying attention to what you see, hear, or feel. Be very present and aware of physical sensations, plus emotional and mental responses, both within and around you as you walk slowly through your chosen environment.
76. Slowly walk a labyrinth. Some people like to begin by framing a question they hope to have answered, and by the time they reach the center, they may receive clarity and understanding. Others like to walk mindfully, perhaps watching each footstep as they wind through the labyrinth.
77. Read a few pages daily from a spiritually uplifting book.
78. Nightly, in a special notebook, list ten things from the day for which you are grateful. (This could also fit into the emotional level strategies.)
79. Listen to a spiritually focused audio book on your commute.
80. Attend services of your choice.
81. If you have been unhappy with or not attending your usual faith-based services, give yourself permission and explore other locations, denominations, etc.
82. If you have slipped away from happy participation in your faith, experiment like many of my students did and give it another try.
83. Make a practice of daily prayer and/or scripture reading.

84. Rate your daily levels of love, joy and inner peace on a calendar or tracking chart. When I do this, I arbitrarily declare that 5 means “normal for me” as I begin, then rate myself from 1 to 10 depending on my experience of each day.
85. Laugh more! Find the humor in your challenges, appreciate the quirkiness in others, and enjoy this adventure called life from the inside out!

Chapter 6

Nurturing Yourself for Financial Balance



A number of my students nurtured themselves into financial balance. Some people wanted to focus on what they were spending before making a budget. Others committed to saving, or “paying themselves first” before paying the bills. One paid off parking tickets to start with a clean financial slate.

I used to be way off when I balanced my checkbook each month. Now I love accessing my account on line about once a week, staying balanced quite easily this way! If you want to

nurture your financial self, what strategy appeals to you? What can you imagine that fits your needs and wants?

86. Declare a one-month moratorium on any purchases beyond absolute essentials like fresh food and toilet paper. Stay out of stores. Reflect on what you need versus what you want and plan for wise budgeting ahead. Whatever you save this month can allow you to catch up on bills, or fill a savings account for unexpected needs in the future.
87. If your employer offers a retirement investment program, take advantage of it immediately! Contribute the maximum and watch it grow. The younger you start the better.
88. Pay yourself first. Save ten percent of your income from all sources and do not touch this balance unless you have an urgent need. Once it grows to a respectable amount, you might set aside ten percent to keep growing your fund, and invest the rest in something tangible that will increase in value, like real estate.
89. Freeze your credit cards – in ice in your freezer.
90. Keep a written budget.
91. If you need to retrain yourself for financial self-care, start with the cash envelope system to budget and be able to pay all bills.
92. Write shopping lists and stick to them.

93. Create and use a bill-paying center in your home. Store bills in a holder or folder and pay up at least once a week. Set reminder alerts on digital devices.
94. Make a habit of deducting each credit card purchase from the balance in your checkbook to avoid an unpleasant surprise next month.
95. Track every penny you spend for one month so you can create a realistic budget and know where and when you can save. Discover where you could painlessly redirect your spending.
96. Create a few savings accounts such as (first) an emergency contingency fund to cover your family for several months in case of a layoff. Then add a Christmas account, a vacation account, a new car account, or whatever special projects make sense for your family.

Chapter 7

Creative Self-Nurturing Strategies

This is one of my favorite categories with many opportunities for fun! If you have forgotten how to have fun, choose some simple, enjoyable creative pursuit and let yourself be like a child again. Indulge in making for the sake of making!

At present, my creativity flows mainly into my writing. Despite challenges that arise, I love this process of finally being a writer and author! I also notice beauty when I walk or explore outdoors, and love the ease of snapping photos with my phone.

What creative pursuit would be engaging and fun for you? Is there a hobby or craft you used to love but you let it go for lack of time? Could you make time in small increments to enjoy creating again?



97. Sew your own clothing. Make one small thing. Especially if you have stacks of fabrics, patterns and supplies on hand, consider picking up a project to complete it. Or repurpose some of your existing materials to create a garment that suits you today!
98. Knit or crochet for wonderful relaxation while you create. If you must attend training programs, I have heard that handwork helps memory retention, and many workshop facilitators are fine with audience members who sit in the back and knit while they listen.
99. Embroider by hand. This is inexpensive and fun. Try a small project that will go quickly and turn it into something useful. One favorite creation from my hand-embroidery days is a small pocket (which was originally going to be a potholder) on which I embroidered “Busy as a” plus a fuzzy bee. It still hangs on a bulletin board in my mother’s home, collecting miscellaneous cards or notes.

100. Get creative to hide a stain or rip on a favorite garment, or embellish thrift store clothing to make it uniquely and beautifully yours. Repurpose old favorite clothing items. Cut the embroidery or lace from a worn blouse and attach it to jeans. (I made favorite night shirts from my husband's little-used dress shirts, with wide lace added around the bottom and sleeves. Fun to wear!)
101. Get a package of Super Sculpy and make and bake ornaments, initials, or a bas-relief picture. Play!
102. Every week, buy yourself some flowers (from the supermarket is fine) and arrange them in your nicest vase.
103. Get one of the new coloring books for adults, a box of colored pencils, and relax while you stay within the lines!
104. Doodle or draw cartoons. Create elaborate, multi-colored doodles sometimes called Zen-tangles, to relax your mind.
105. Do your favorite art or craft.



106. Paint, draw, or make colorful collages.
107. Experiment with wood working or building something, especially if your family has tools sitting around unused.
108. Refinish furniture scavenged from sales.
109. Write. Devote half an hour or more daily to getting your thoughts onto paper. Take a class on writing or study from the amazing array of information on the internet.
110. Complete projects that are incomplete! Half-done books and projects drag on your consciousness like dozens of anchors on a sailboat. Pick up a partially read book, flip through it rapidly and declare, *I am done with this one. This is complete.* Donate it today! Half-finished craft projects? Either finish each one or dismantle it. Give away or trash the components. Clear them out of your home and your consciousness. Note the lightness and relief you feel when you finish or relinquish these items! You might even sleep better!
111. Join or create a support group for people who share your creative interests.