The Hearth List

Small things that help me feel like myself again.

For the days when you know you need something, but deciding what would help feels like one more thing to do.

Tend My Body

- [ ] Drink a glass of water
- [ ] Eat something nourishing
- [ ] Stretch for a few minutes
- [ ] Step outside for fresh air
- [ ] Take a shower or wash my face
- [ ] Put on comfortable clothes
- [ ] Rest without needing to accomplish anything

Quiet My Mind

- [ ] Put my phone down for a little while
- [ ] Write down what's circling in my head
- [ ] Turn down the lights/noise
- [ ] Read something comforting
- [ ] Listen to music
- [ ] Do something with my hands
- [ ] Let one thing wait until tomorrow

Warm My Heart

- [ ] Make a favorite drink
- [ ] Cuddle a pet
- [ ] Reach out to someone who feels safe
- [ ] Watch something familiar
- [ ] Sit somewhere cozy
- [ ] Let myself laugh, cry, or just be
- [ ] Do something simply because I enjoy it

Tend My Space

- [ ] Open a window
- [ ] Light a candle
- [ ] Clear one small surface
- [ ] Change the lighting
- [ ] Put on fresh blankets or bedding
- [ ] Bring something beautiful into the room
- [ ] Make one little corner feel good

My Own Hearth List

What reliably helps me come back to myself?

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

You don't have to wait until you're empty to tend your fire.