

ACTION-ORIENTED SIMPLE COMFORTS



LIST your Simple Comforts using this worksheet



ENSURE items are purchased and on hand, be proactive



PROVIDE yourself with at least one Simple Comfort a day



FEEL grateful and self-attuned during Simple Comforts

DEFINITION OF SIMPLE COMFORT

Something comforting to do at home, or at a friend or family member's home

Does not involve buying - must be something you purchased ahead of time

Can involve planning for the future, like planning a vacation, Googling resorts, etc.

Healthy in quantity or duration, (you decide) such as one cupcake or one movie

Something caring for yourself and does not require anyone else

View Oxytocin Boosters List and Actualized Self-Love Worksheet for ideas

Although we tend to fret about the big goals in life, career, relationship success, and so forth, it is imperative we take the time to experience little daily goals too.

This may seem ridiculous and "too simple" to add value or help you feel better.

However, studies show it's essential to provide moments of self-care if you expect to feel good in life. In fact, daily self-care builds emotional well-being. Take empowered action to provide simple comforts

6 BENEFITS OF SIMPLE COMFORTS



OXYTOCIN

Brings intention to the present moment and quality time which is self-love to produce increased oxytocin ("feel good" neurochemical and hormone).



DESTRESS AND HEALTH

Action-oriented, intentional, compassionate self-care allows for a calmer nervous system, plus long-term emotional and physical health benefits.



NEUROPLASTICITY

Consistent self-care with simple comforts, builds neuroplasticity (change in neural connections), resulting in more self-trust and a stronger Soothing System.



REST AND DIGESTION

Simple Comforts allows your nervous system to be in 'rest and digest' mode, rather than in anxiety-ridden 'fight or flight' or depressing 'freeze' mode.



SELF-DISCIPLINE

Simple comforts provide balanced self-care and an actualized self-discipline method, not punishment nor indulgence. Self-discipline is self-loving.



CONNECTION

A more connected, trusting relationship with yourself transcends into more connected relationships with others and a spiritual sense of connection.



MEDICAL DISCLAIMER

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If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org