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 Simple Comforts



FEEL grateful and self-attuned during

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-descipline is self-loving.



CONNECTION

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

SIMPLE COMFORTS LIST

Feeling intentional gratitude during your Simple Comfort provides the opportunity for the calming effect to your nervous system. Also, you cannot be in a state of negative emotionality and gratefulness at the same time.

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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