IOI ways to nurture your spirit

Paint a picture, make a collage, bake bread and knead dough, create, nurture something (a flower, a puppy, a hobby, a child), try something new, knit a comfy sweater, establish a cozy spot, allow 30 minutes for a candle-lit bath, get a massage, accept favors, take a nap, trust your intuition, keep something nearby that is just for you, pamper yourself, send yourself a thank-you note, learn to be selfish, do favors, say a good morning to a stranger, sneak in random acts of kindness, give a massage, be impeccable with your words, forgive, discover what makes another happy, meet your co-workers just for fun, mistakes are opportunities for growth, look a child in the eye, let others know when they make you happy, build relationships, be honest without malice, give hugs, keep only constructive relationships (toxic people bring you down), ask for forgiveness, solve problems as a team, find someone who can hold you in mind, share your grief and losses, look for a sympathetic eye, quiet yourself, share how you cope, ask for reminders of what you are doing well, let others know when your burden is too heavy, stay near people who let you be you, offer praise, ask for a hug, practice abundance rather than scarcity, be child-like, laugh often and early in the day, start over every day, let someone know that you are thinking of them, live in the moment, know that your smile and time are the best teachers, put your errors in perspective, know that you do not have to be superhuman, just say "no," celebrate your strengths and accomplishments, find the funny in each moment, substitute a positive for a negative, walk and play outside, ride a bike or a horse, find exercise you enjoy, dance, swim, eat an apple, communicate what you need, stretch, build social support, learn yoga, observe nature, set aside a personal Sabbath, pray, journal, start each day with a mindful minute to revisit the reason for the work you do, listen to nature, think outside the box, run water in your room, play a drum, breathe deeply then exhale slowly and sigh, set goals that say "I matter," focus on getting better each day, ask others to clarify expectations, be constructive, hang a sign that states what you want to get done today, you are a superhuman, set aside time to plan how you will take care of yourself this week, protect the things that give you meaning and satisfaction, use upsets to re-evaluate the way you want to live, focus on what's important, remove distractions, replace competition with cooperation, exercise, clarify a personal vision with realistic goals, address problems when they are small, delegate, be an enthusiastic leader, express the mutual benefits of solving a problem, move at your own pace, compromise, seek others' opinions, let others know when you feel like an equal, derail destructive patterns, know when to get outside help, discover your child within, there is always tomorrow, give unknown feelings permission to be revealed by naming them, learn to meditate, forgive yourself, it only takes one person to change a system, recognize a feeling when it starts as an early warning, pull up the root of why you experience emotions, know yourself better than anyone else, be still and relax, believe that all people—even children—seek what they need, uncover issues in your own life, believe that there is a way to handle whatever comes your way—little advances can make a difference, you are good enough.

... at home, at work, and on the street.