MINNESOTA CLINIC FOR HEALTH & WELLNESS

5 HOLISTIC SELF-CARE PRACTICES

BY MINNESOTA CLINIC FOR HEALTH & WELLNESS



PRACTICAL TOOLS TO SUPPORT
YOUR MIND, BODY & SPIRIT

TENDING TO YOUR WELLBEING

At the Minnesota Clinic for Health and Wellness, we understand that caring for yourself isn't a luxury—it's a foundation for healing, growth, and resilience. Whether you're navigating a life transition, managing stress, or simply looking to feel more grounded, our team supports the whole person with integrative care.

This guide offers five intentional self-care practices—simple, doable steps to reconnect with yourself and nourish your well-being.

These practices can complement your therapy journey or support your daily rhythm as a stand-alone tool. Use them to create space for yourself, regulate your emotions, and bring more balance into your everyday life.



PRACTICE ONE

GROUNDING THROUGH BREATH

Start or end your day with three deep, intentional breaths. Inhale through your nose for 4 counts, hold for 4, exhale through your mouth for 6. Grounding breath helps regulate your nervous system and brings calm to the mind and body.

PRACTICE TWO

NOURISH WITH INTENTION

Choose one meal a day to enjoy screen-free. Engage all five senses and bring mindful awareness to your experience. This savoring practice supports digestion, mood, and helps strengthen your mind-body connection.



PRACTICE THREE

TAKE A MINDFUL WALK

Take a 10-minute walk today—with no goal other than to be present to your experience. If you can, step outside. As you walk, bring your attention to the rhythm of your steps, the sensation of your feet meeting the ground, the movement in your hips and arms. Notice the temperature of the air, the way the light filters through trees or buildings. Are there birdsongs, distant traffic, wind? Let your senses lead the way. If thoughts arise (and they will), gently return your attention to the present moment. A mindful walk reconnects body and mind, and can turn even a short stroll into a moving and restorative meditation.



PRACTICE FOUR

WRITE IT OUT

Journaling doesn't have to be lengthy. Take 5 minutes to reflect on what you're feeling or what you're grateful for. This simple act brings clarity, helps with emotional regulation, and offers insight into your inner world.

PRACTICE FIVE

SCREEN-FREE RESET

Try one hour without screens before bedtime. Instead, light a candle, read, stretch, connect with a loved one, or listen to calming music. Reducing screen time in the evening improves sleep, reduces anxiety, and supports a peaceful mindset.



A JOURNAL PROMPT TO CARRY FORWARD

Self-care is not about doing more—it's about tuning in and thoughtfully tending to your needs in the moment. We invite you to explore these practices at your own pace and reflect on what helps you feel most supported. As a next step, try using the journal page on the next slide to track how you feel after engaging with each practice.



DATE

MOOD



DAILY JOURNAL

YOUR THOUGHTS

GOALS

TO DO

LET'S CONNECT

We are a Minnesota-based clinic offering compassionate, integrative mental health care. Our team of therapists, psychologists, and holistic providers is here to support you with personalized care for your emotional, physical, and mental well-being.

If you're feeling overwhelmed, stuck, or ready to take the next step in your healing journey—we're here for you.



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