

Guide to Real *Self Care Habits*

**10 SMALL HABITS THAT CALM YOUR BODY –
AND TAKE ALMOST NO TIME**

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REAL SELF-CARE ISN'T A LUXURY — *IT 'S MAINTENANCE*

SMALL, DOABLE HABITS THAT CALM YOUR BODY AND MIND

Self-care has been sold to us as expensive spa days and elaborate routines. But real self-care is quieter than that. It's the small, repeatable choices that tell your nervous system you're safe — and most take only a minute or two.

After a busy stretch or a vacation, these little habits are exactly how you recover gently and feel like yourself again — **no guilt, no grand gestures.**

WHEN YOU PRACTICE REAL SELF-CARE DAILY...

- ✦ Calmer, steadier energy through the day
- ✦ Lower stress and fewer cravings
- ✦ Better sleep and a brighter mood
- ✦ More patience, focus, and presence
- ✦ A body that feels supported, not pushed

You don't need more time. You need a few small anchors, repeated. Here are ten.

SMALL, QUICK, AND DOABLE

Choose one to start, or work through them across your day. Each is easy, accessible, and takes almost no time.

1

START WITH WATER ≈ 1 MIN

Drink a full glass first thing, before your coffee. It rehydrates you after a night's sleep and softens the mid-morning slump.

2

GET MORNING LIGHT ≈ 5 MIN

Step outside for a few minutes of daylight. Morning light sets your body clock, lifts your mood, and helps you sleep better that night.

3

BREATHE ON PURPOSE ≈ 1 MIN

Take five slow box breaths — in for 4, hold 4, out 4, hold 4. It calms your nervous system almost instantly, anywhere.

4

TAKE A MOVEMENT SNACK ≈ 10 MIN

A short walk steadies blood sugar, clears your head, and counts every bit as much as a long workout. Break it up if you need to.

5

SIP ≈ 5 MIN

Brew a cup of herbal tea — chamomile, lavender, or tulsi — and let the pause be the point. A small ritual, a big exhale.

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6

DRY BRUSH BEFORE YOUR SHOWER ≈ 2 MIN

A couple of minutes of light strokes toward your heart boosts circulation, supports your lymphatic system, and wakes up your skin.

7

UNPLUG BEFORE BED ≈ 0 MIN

Put your phone in another room before sleep. Fewer screens protect your melatonin and help your body truly wind down.

8

NAME ONE GOOD THING ≈ 1 MIN

Jot down one thing you're grateful for. This tiny shift lowers stress hormones and gently lifts your mood.

9

RELEASE THE TENSION ≈ 2 MIN

Roll your shoulders and stretch your neck for a couple of minutes. Held stress lives in the body — let a little of it go.

10

PROTECT YOUR PEACE ≈ 1 MIN

Say a kind “no” to one thing that drains you. Boundaries lower stress and free your energy — they're self-care, too.

Remember: you don't have to do all ten. One small habit, repeated most days, does more than a perfect routine you can't keep.

START WITH ONE, *GENTLY*

You don't have to overhaul your life. Pick the one habit that feels easiest and let it anchor your day. Real self-care isn't about doing more — it's about returning to yourself, again and again.

PAIR IT WITH YOUR RESET

These habits are the perfect companion to Dr. Helene's **Gentle 3-Day Reset**. Use them together to recover after vacation, lower stress, and feel like yourself again — no guilt, no crash diets.

And if you've been feeling off — low energy, cravings, or trouble bouncing back — it may be a sign your hormones need attention. If you're not yet a patient, **apply at pcnaturopathichealth.com/apply** so we can find the root cause and build a plan to help you feel like YOU again.

Yours in Health,

DR. HELENE PULNIK ND

www.pcnaturopathichealth.com

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