

Chart Your Course

Self Care for your whole being: The five koshas are a model of the multi-dimensional self that come from yoga philosophy. They are very useful in developing and tracking self care. You might have a daily self care activity that applies to more than one or all of the koshas. Try to have at least two self care actions for each kosha every day.

Body:

Breath and Energy:

Mind:

Witness or Higher Mind:

Heart Center:

Self Care for the Senses:

The senses are fundamental to how we meet the world each day. Do at least two things each day to nourish the senses.

Sight:

Hearing:

Smell:

Taste:

Touch:

Gratitude: A gratitude practice is proven to uplift and alleviate anxiety and depression. It is not a panacea but it is a powerful tool. List three things you are grateful for:

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