

BUILD YOUR SELF-CARE TOOLBOX

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What's in your self-care toolbox? Most of us know the classic tools—breathwork, meditation, movement practices like Tai Chi, Qi Gong, or Yoga, and of course journaling. They're powerful, no doubt. But along the way, I've discovered a handful of less traditional tools and processes that have opened up even more awareness and brought a deeper sense of joy into my life.

Below, I share what I've learned, how I use these tools day-to-day, and how you can weave them into your own life too.

GIVE THESE TOOLS A TRY

1. How am I feeling in this moment?

Source: Bashar,
Channeled by Darryl
Anka

Triple A Formula

Here's what I do...

When big emotions hit—anger, frustration, sadness—I pause and acknowledge them without judging myself. I use one simple sentence: **"I feel [emotion] because I must in this moment."** Sometimes I repeat it a few times. Each time, I check in and ask myself, **"Can I shift to gratitude or another positive emotion?"** More often than not, that gentle shift moves me toward gratitude, and from there into peace, joy, or even love.

2. Forget "should" and follow your passion!

Source: Bashar,
Channeled by Darryl
Anka

5-Step Formula

Here's how I do this...

When I catch myself saying "I should..." it's a sign I'm in my head instead of my heart. So I pause and ask, **"What do I truly desire?"** or **"What feels most exciting right now?"** Once I'm clear on what feels aligned, I follow that feeling as much as I can—or until the excitement naturally fades. I stay in a positive state either way, without attaching to any specific outcome. Then I look at the beliefs behind the "should" and let go of any fear-based ones that no longer support the experiences I want to create.

3. Hey body, how ya doing...?

Source: Lee Harris
Energy

Arise: 21 Keys to
Higher Consciousness

Module: Body and
Energy Field Check

I recently started using a simple body-and-energy check-in, and I love how grounding it feels. It helps me connect with my body, calm my nervous system, and build awareness—without trying to fix anything. I place **one hand on my heart chakra and the other on my belly** (solar plexus), then imagine light moving from the top of my head down through my body. I **just notice** what I feel and what my body might need.

I'm still learning to sense my energy field, but when I'm centered in my heart, it becomes much clearer. I check for emotions or energies that aren't mine and release them, and I practice strengthening my energetic boundaries. It's so simple that it's now part of my morning and evening routine.

4. Music Mantras and Spoken Words

Source: Lee Harris &
Davor Bozic
Albums: Music
Mantras I, II, & III

Source: Sarafina
Album: Inhale These
Words

Music is one of my favorite ways to tap into creativity, flow, and a sense of expansion. I often walk while listening to the Music Mantra albums by Lee Harris & Davor Bozic—they help me drop into a deeper state of presence. When I'm moving through intense emotions, I'll even pull a few lyrics from different songs and create my own little "music mantra."

I also love Sarafina's Inhale These Words album. I breathe it in—literally. It's my go-to morning walking soundtrack to fill up with good thoughts and anchor my intentions for the day.