



Self-Care

It is not uncommon for us to think that self-care is indulgent and selfish, but that couldn't be further from the truth. By definition, self-care is "the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress." Self-care is actually critical to our health and well-being and can greatly impact the way we show up in the world and our ability to care for others.

While it means different things to each of us, what is important is ensuring our self-care connects our mind, body and soul and goes beyond the activity. For instance, you may walk as part of your self-care routine, but if you return and haven't cleared any of the clutter in the mind, or dealt with the underlying stressors, the walk may only provide temporary relief.

3 Tips to Get Started:

1. Let go of the guilt!
2. Clear the Clutter - Is there anything that could get in the way of taking the necessary time for yourself? If so, clear it out!
3. Plan – put it on the calendar if you must ;o) and set guidelines if you have children at home

Here are 10 self-care ideas to get you started (also great stress relievers).

1. Meditation or Yoga
2. Creating a calm, stress-free space in your home
3. Say No and be ok with it. Sometimes we say yes or overcommit when we really want to say no to something – and often at the expense of our own well-being. Boundaries...
4. Eating healthy meals – just incorporate 1 new thing into your grocery list to replace something else. Small shifts can have a huge impact here so explore!
5. Gardening or anything outside
6. Hiking, Walking, Biking – any type of exercise for 20 minutes
7. Spa Day – massage, bubble baths, manicures, etc.
8. Let go – Is there something causing stress and anxiety that you can let go of - a thought, worry, limiting belief, perfectionism, relationship?
9. Change up your daily routine
10. Love yourself – daily affirmations, positive thoughts, reminding yourself how amazing you are

I want to encourage you to take your self-care to a deeper level and go beyond the activity - caring for your mind, soul and body. It may require some habit change and shifts in your thoughts and releasing limiting beliefs so you can create empowering positive experiences.

Be Kind to Yourself and Have Fun Taking Care!