

Self Care TIPS

Dear Self, today I'm going to make you proud. I'm going to start my journey of self care. I'll make it a priority to take 10 minutes each day to build positive habits. I will learn to be kind, patient, generous and accepting of myself.

I'm going to give myself the same care and attention that I give to others. I'm going to watch myself bloom.

I will become the best me.

Much Love xxx

I've shared a lot of information over the last few months on self care. I thought I'd put a downloadable guide together for you to use and share.

self care check-in

**TICK THE BOXES OF THE THINGS YOU DO
TO TAKE CARE OF YOURSELF.**

- DAILY POSITIVE AFFIRMATIONS
- EAT THREE MEALS A DAY
- TRY A 10 MINUTE MEDITATION
- FIND A QUIET SPOT TO READ
- DO A GRATITUDE LIST
- LEARN A BREATHING TECHNIQUE
- LISTEN TO MUSIC
- GO OUTDOORS AND NOTICE
- EXERCISE IN A WAY YOU ENJOY
- CATCH UP WITH A FRIEND
- CALL A FAMILY MEMBER
- GIVE YOURSELF 10 MINUTES TO DO
WHAT YOU ENJOY
- CUDDLE A PET OR A LOVED ONE
- TRY SOMETHING NEW
- HAVE A GOOD CLEAR OUT

Make it a habit to take care of yourself

self care affirmations

Choose one, two or three from the list below or maybe use your own words. It is important for you to speak the words out loud, not just to think them. Saying the words out loud verbally affirms them. Start by looking in the mirror when speaking a positive affirmation. That way you can see how your features change over the days and weeks (from maybe a frown because you initially don't believe the words, to maybe a smile when you realise the words are true and they have made a difference). Keep practicing...

- I am strong
- I am determined and successful
- I am a good and worthwhile person
- I have inner strength and resources
- I am confident and competent
- I hold my head up high
- I care about others, I am needed and worthwhile
- I am a loving person
- I have a lot to be proud of
- I have all that I need
- I am in control of my life
- I can achieve anything I want to achieve
- I'm moving towards my goals
- I accept myself as a unique and worthwhile person
- My life has meaning and purpose
- I am in control of my choices
- I am strong and healthy
- Everything is getting better every day
- I am calm and relaxed
- I am healthy and have all that I need
- Today is the first day of the rest of my life and I will take notice of the many positive things this day has to offer
- I live a healthy and positive lifestyle
- I know I can master anything if I practice it continually
- I have my wise mind – I can seek inner guidance whenever I need to
- All is well, right here, right now
- I love myself unconditionally

self care 10 minutes

Allow yourself just 10 minutes each day to be 'present'. By allowing yourself this time, you allow your mind to be quiet; which in turn helps you 'think rationally'.

To enable you to achieve this for just 10 minutes in a day I have developed some simple techniques.

<https://www.yourwellbeinguk.com/just-for-you>

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions.

Deep breaths are more efficient: they allow your body to fully exchange incoming oxygen with outgoing carbon dioxide. They have also been shown to slow the heartbeat, lower or stabilise blood pressure and lower stress. To experience deep breathing, find a comfortable place to sit or lie down and just breathe.

Self-hypnosis is a safe way to keep control and achieve many of the same benefits of working with a hypnotherapist to change behaviour. Hypnosis can help with everything from stress management and anxiety, to weight loss and diet changes, to confidence and presentation skills.

Tapping (**EFT**) helps you access your body's energy and send signals to the part of the brain that controls stress. It is claimed that stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, restoring balance to your disrupted energy.

self care de-clutter

How do you feel about clutter? Do you feel that you are drowning in clutter and you don't know where to begin or do you feel like it is organised chaos?

Clutter can clog the smooth workings of any home, lost time searching for keys, paperwork etc. It can also have a negative effect on your wellbeing, and surrounding energy, leaving you feeling stressed, tired or flattened. To de-clutter a home would be a mammoth task; however I would like you to work on a space that you can de-clutter; a space that you can call your own, where you can go to get your inspiration, daydream or maybe meditate.

Having this one space (which could just be a corner of a room) is important. Take a walk around your home or in your garden (or shed). What space are you going to choose that will be just for you; your sanctuary.

Once you have your sanctuary its important to let others know it's your space. Let them know the importance of your space. Have a few objects there that make you think of happiness, or inspire you – maybe pictures or crystals.

I've put together a few tips to start you off:

- Find Your Space
- Get yourself four boxes or bin bags and label them (this is actually called the four box method):
 - Keep it
 - Donate it
 - Store it
 - Bin it
- When you pick up a piece of clutter you need to ask yourself 'which box / bag does this belong in?'
- Make a decision and make it a final decision.
- When you've finished with your decluttering session give yourself another 15 minutes to put the clutter in their appropriate places – outside the house! Empty anything you labelled as 'throw away' now... before you have second thoughts!
- Give yourself a pat on the back and go and get yourself a nice cup of tea/coffee/water and relax for a while.

self care relationships

Relationships are a wonderful mostly... if you have any negative relationships in your life take some time out to think about how you might change them:

Tip 1 – if the relationship is negative know what triggers the relationship pattern. Are there any external circumstances you need to be aware of? Are you aware of the internal feelings you get? If you become aware of these patterns it will allow you to catch the behaviour early and stop it from escalating.

Tip 2 – do you encourage and invite people into conflict? A common reason why we end up with unhealthy relationships is because we do not see that we actually invite and encourage the negative pattern by what we say or do. If you are aware of this then make a change in how you say something or how you do something. We actually teach people how to treat us, by allowing the behaviour to continue and making excuses for it.

Tip 3 – look for the positive. Sometimes people do not start out to hurt us, it can be a reaction to their own fears and pain, however in the heat of the moment it is hard for people to recognise that. Sit down with the person and share your thinking and feelings – this has to be a two way conversation. See if you discover the positive outcome that you are attempting to achieve.

Tip 4 – put a name to the unhealthy relationship pattern and acknowledge it. If you name something it becomes yours to own and you will recognise it more easily.

Tip 5 – now you have identified the patterns, stand side by side with the person (people) you have identified. Be united and stand together, you understand the behaviour is just a pattern and patterns can be broken.

Tip 6 – if you have a negative relationship that is close (partner, family) and you feel that you following the above guidance would be difficult then consider professional help.

Tip 7 - nurture those relationships that are positive and healthy.

the truth to happiness

- Happiness comes from your own actions
- You must share happiness to enjoy it
- Learn to let go, don't be controlled by the past
- Don't compare your life to that of others, enjoy your own life
- Don't let fear control your life, do something to remove that fear
- Don't wait for happiness to be given to you by others, seek out your own happiness
- Give yourself permission to pause and take 10
- Being happy doesn't mean that everything is perfect. You have just decided to look past the imperfections
- Happiness is a conscious choice not an automatic response
- Doing what you like is freedom. Liking what you do is happiness
- What we dwell on is what we become. Take time to think, feel and be happy

Make your own happy

- Endorphins (help with pain management)
 - Dark chocolate (my favourite)
 - Laughing
 - Exercising
- Oxytocin (the love chemical)
 - Hugging, holding hands
 - Giving compliments
 - Playing with an animal or child
- Dopamine (the reward chemical)
 - Eating food
 - Finishing an activity / task
 - Self-care - taking 10 mins out to do something you love
 - Celebrating success (even the small wins)
- Serotonin (stabilises mood)
 - Walk in nature
 - Any exercise
 - Sitting in the sun (just the sun in general)
 - Meditating / deep breathes

Do you need anything else?

I hope you enjoyed the self care tips and you are now able to give yourself just 10 minutes a day to focus on you.

If it is your time to change, whether that is a personal or professional goal, an unhealthy emotion, removing unhelpful habits or limiting beliefs, whatever really, you might like to try my 'Time to Change' course which you can do in your own time at your own space. You can get the course from Amazon at the following link:

<https://amzn.to/3teNL4m>

If you feel you need some one on one support with any change you want to make then schedule a free initial consultation to find out how I can help you:

<https://www.yourwellbeinguk.com/book-online>