

# *YOU ARE AMAZING*

It's time to start really looking after yourself



## *Do you ever forget to take care of yourself?*

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I know. You're busy, and finding that time to take proper care of yourself can be so hard. But if you don't, it won't be long before you're burnt out with exhaustion and operating from a lack of clarity where it's difficult to care about anything or anyone.

I should know. A few years ago, I was working a full time job which sometimes looked like a 90 hour week, helping everyone else, but not me. I loved what I did but it was using up all my vital energy on a daily basis.

I very rarely took care of myself, and I was always focused on success in the terms of achieving goals for validation, achieving demanding expectations set either by myself or others. This ended with extreme stress, of which I ended up not working for almost a year. See the daily stress that had built up inside me had become chronic, and I didn't even know. Now I truly listen to my body, it always tells the truth.

*Reflection moment!*

**DO YOU LOVE WHO YOU ARE?**

**IT'S TIME FOR SOME SELF CARE**

## *Listen to your body*

AND BE CAREFUL HOW YOU SPEAK TO YOURSELF AS YOU ARE ALWAYS LISTENING

I knew things had to change. I quit my job and started my own business consultancy helping people to become more aware of how stress impacts us emotionally, physically and mentally. Having my own business also allows me to dictate my hours of work, so I can take better care of myself.

Everyday I have a routine that enables me to be mentally, emotionally and physically fit. I meditate daily to truly connect with my body and mind.

See the thing is self care isn't something we do when we have time, its not something we book in once a week, or once a month. It is a daily mindset choice.

When you start making this a conscious behaviour change, it becomes easier and part of who you are.

I have pulled together this guide to share with you some habits, actions or activities that will help you to start to create a routine that fits into your life, and I hope it encourages you to start looking and researching more about the benefits of self care.

Grab a journal and start that connection and habit change.



# *SELF CARE IDEAS FOR THE MIND*

1. Start a success journal - pop all the things that you achieve, all the small wins too, things people say about you, reviews and testimonials. Whenever you feel yourself doubting yourself, open up your journal and read all of this.
2. Abandon tasks and activities that are not going to add any value to your life or business (career) - spend your precious time doing things that will add value to your life.
3. Try soft gazing - sit or lie and relax, gaze onto an object. It could be the flame of a candle, a lit fire, fish in a tank, a plant, or anything, just relax into it and observe.
4. The next time you go out - try taking a different route to see what you can discover. Whether that's taking a walk, or going on your bike, or even in the car. What did you notice?
5. Switch off autopilot - Take notice in the here and now, maybe whilst you are getting showered, eating your lunch, writing an email. Keep your mind focused and present.
6. Be selfish - Do one thing today just because it makes you feel happy.
7. Do a mini de clutter - Take a look in a drawer, what do you need, what are you hoarding? Clearing clutter helps the mind. Each day, maybe focus on another area of the house, or a room.
8. Disable apps - turn off your notifications, or switch off from your mobile devices. Enjoy the ping free life for a while.. Maybe try at the weekend, or in the evenings.
9. Push yourself out of your comfort zone to experience change and growth. Most things you want in life are the other side of your comfort zone. If you always do, what you've always done, you will always get, what you've always got...
10. Do a cull on social media - remove or hide any negative or toxic people, only tune into the vibes of the good inspirational people in your life.
11. Fix something that has been meaning to be done for quite some time, that you have been putting off.
12. Try mindful meditation everyday, find a practice that works for you. It doesn't have to be sat down, get outside in nature, or even just in your garden. Use your senses, to observe and pay attention in the moment.
13. Have some fun and play, maybe sing, dance, do something creative - create laughter.
14. Create a small habit change, do it everyday until it becomes part of you. Recognise your success, add to your journal and then focus on something else. Small gains lead to big change.
15. Trust your gut instinct when making a decision, and notice how you feel afterwards.

# *SELF CARE IDEAS FOR THE BODY*

1. Try out the body scan meditation to check in with how your body is really feeling and to learn how to truly relax.
2. Dress your body with a treat - wear something that makes you feel gorgeous
3. Take deep breaths to oxygenate your body. Breathe in through your nose for 7 and out for 11 three times to get that relaxation feeling. Or alternatively try out the square breathing technique - this is a life changer
4. Get outside for at least 15 minutes everyday, if physically able, turn that into a walk.
5. Activate your self soothing system - stroke down your arm, if that feels strange use a body butter or moisturiser.
6. Get to know yourself intimately - Look lovingly and with no judgement at yourself naked in a mirror, notice all the good things about you. look into your eyes and feel the beauty within
7. Be quiet and still - Sit somewhere green, and just be still and quiet for as long as it feels comfortable and observe how you feel
8. Inhale a favourite scent - what memories does this provoke for you?
9. Create some laughter - Read something funny, watch something funny, call up a good friend that always makes you laugh
10. Take a little nap - ten to fifteen minutes maximum - this can help you sleep better at night and leave you ready for action
11. Make a small change to your diet - change something over that is healthier than you would normally eat
12. Hydrate your body - drink at least 3 litres of water everyday - our mind and body needs it to help you in all areas of life.
13. Dance like noone's watching - have a good boogie to some favourite tunes
14. Sing like you would in the car or the shower - sing something upbeat and positive.
15. Write in your journal about how you are feeling throughout the day, for at least one week, Notice your emotions, your energy levels, how your body and mind are feeling.



# *SELF CARE IDEAS FOR THE SOUL*

1. Splurge a little - treat yourself to something small and nice, it doesn't have to cost a lot, but it will make you feel warm and cosy inside
2. Check in with your emotions regularly - sit quietly and then journal your experience
3. Stroke a pet, if you have one. You could try cuddling a teddy bear if not.
4. Have a self date - spend an hour alone doing something that will nourish you
5. Take a home spa - Have a long bath or shower, light some candles, maybe have some scents in the bath too, then chill and read for some time.
6. Ask for help - reach out to others
7. Choose who you spend your time with today - the ones that boost your energy not drain it
8. Write out your thoughts in a journal, start clearing the mind to create space for new things, like learning a new skill or talent
9. Help someone - is there something that you could do that would really help someone right now
10. Scan around your environment and choose 3 things that you consider make you feel happy, write the reasons why in your journal.
11. Ask your friends to give you some positive feedback, what do they love about you?
12. Imagine you are your best friend. if you were, what would you tell yourself right now? then look in the mirror and say it with congruence
13. Connect with someone you haven't spoken to for a while
14. Play to your strengths, something you know you are good at - how could you use this strength more in your life?
15. Step out of your story once in a while and reflect on your learns so that you can live in the present creating a story you want to tell in the future.

With such a little effort and focused attention to promoting a self care routine into your life, will bring you a life with more clarity and purpose.

You will have such a great connection with your body, mind and soul. This will help you to connect to others around you too.

You will notice so much more, than you previously would have missed in your life going 100mph

Take small daily actions to lead a much more healthier lifestyle.