5 Self-Care Tips

Self-Care is all about making sure YOU are getting YOUR needs met.

Evaluate Your Basic Physiological Needs

FOOD- ARE YOU NOURISHING OR POISONING YOUR BODY? SLEEP- ARE YOU GETTING ENOUGH SLEEP? AIR- WHAT IS THE QUALITY OF AIR YOU ARE BREATHING? WATER- ARE YOU CONSISTENTLY HYDRATED?









Apply the Secret of Weight Loss to Your Well-Being

INCREASE CALORIES BURNED, DECREASE CALORIES CONSUMED/ INCREASE PLEASURE, DECREASE DIS-EASE

Make a list of things you like (activities, people, scents, tastes, smells, textures, sounds, sights), increase their presence.

Make a list of things you don't like to do- do less of them, decrease them, remove them, delegate.

Say "YES" to Yourself More Often

Many people have difficulty saying no to other people and find themselves doing things for others at their own cost (time, resources, finances, etc.) Reframe saying "no" to others as saying "yes" to yourself. Honor your own time, hobbies, interests and needs. It is rare that people get mad at others for having previous plans.....you have your previous plans.....you're hanging out with you:)

Ask for Help, Know Your Support System

It can be hard to reach out for help and assistance. Again, with a little re-frame help improve the chances that you ask for what you need: how do you feel when someone asks you for help? Most likely you feel honored to help and to be a person that someone trusts enough to share their vulnerabilities with. Honor another person with your trust. Also, it can be helpful to make a list of your goto people. Seeing it in black and white can help relieve the negative belief that "I'm all alone".

Gratitude

Make it a daily habit to start your day off with writing down three things that you are grateful for. As you write them allow yourself to really feel why you are grateful for that person or that thing. Gratitude has many science-backed health benefits including: improved mood, improved relationships, improved self-esteem, improved sleep, decreases anxiety and depression, improved feelings of hopelessness

