

Self-Care

Body mind spirit Connection

<p>Breathe. Deeply, gently into your belly.</p>	<p>Hydrate. 6-8 glasses of water a day. Add a touch of lemon!</p>	<p>Play</p>	<p>Create beautiful spaces</p>
<p>SLEEP WELL</p>	<p>Stretch. Move.</p>	<p>Know your story put overwhelming feelings where they belong</p>	<p>Go somewhere beautiful every day.</p>
<p>Eat well. Small regular peaceful attractive meals. Eat slowly aware of taste, texture</p>	<p>Take any routine and give it your full attention.</p>	<p>Limit contact with people who drain you</p>	<p>Be aware of your breathing</p>
<p>Be thankful. At the end of every day think of five things you are thankful for.</p>	<p>Express your feelings. draw them, paint them, write about them.</p>	<p>Feel your feelings don't think them. feelings are our body's way of telling us what is going on.</p>	<p>Listen to your favourite music. Sing. Dance.</p>
<p>When you wash your hands pay attention to all your senses: sound, smell, feel, texture. Stay in the shower a bit longer. Let the water flow over you.</p>	<p>When you walk pay attention to every step you take, your breath. When you get in the car, pause and breath. Bring the mind home to the body.</p>	<p>Do things you enjoy. Incorporate them in your day, your week.</p>	<p>Listen to your body. Recognise what it is telling you. Regular body scans. Breathe and feel.</p>
<p>Self-care needs to be deliberate and routine. We are better at focusing on others than our selves.</p>	<p>Be inspired. Read inspiring stories, collect inspiring sayings.</p>	<p>Be kind to yourself.</p>	<p>Connect with safe nurturing positive people.</p>