

Self-Care

INSPIRATIONS



INSPIRATION TO UNWIND

Bath – pamper yourself. Lock the door, play soft music, close your eyes, and soak. Lavender essential oil and/or Epsom salts are an excellent ingredient to include in your bath for added relaxation.

Book – turn off your phone and computer, curl up on the couch, and read for pleasure.

Breathe – wherever you are, focus on your breath, take 5 to 10 deep inhales and long, slow exhales.

Candles/incense/smudging – the ritual of lighting candles or incense, or smudging with sage to purify your space, can be very grounding.

Chocolate – indulge in a small piece of dark chocolate and let it melt on your tongue.

Colour – colouring is a lovely, meditative activity that can draw your attention out of the thoughts constantly running through your brain.

Cuddle – with a pillow, a stuffed animal, a partner or a pet.

Dance – put on one of your favourite songs, close your eyes and cut loose.

Do Less - don't sweat it if you don't get that last email out, the dishes done, or the birthday card sent. Practice doing less – someone else will step in to pick up what you've left off – or they won't. But, one thing I know for sure is that the world will not end if you let go of trying to get everything done. Let go.

Gratitude – pause, reflect and write down 3 to 5 things you are grateful for.

Journal – great before bed to dump out any lingering thoughts of the day and get you ready for deep sleep, or first thing in the morning to jot down any ideas or dreams.

Nature – get outside. In my experience, the ocean, mountains and trees are incredible healers.

Play – do something simply for the love and joy of it – a sport, board games, make believe, you name it.

Run – I am not a runner, but I can appreciate the deep release that can be achieved by pounding the pavement for a while.

Stretch – take 5 to 10 minutes to loosen up the physical tension present in the body, simply move in whatever way the body asks you to – your breath and blood will flow more freely and you will feel rejuvenated.