

WELCOME TO

MODULE NINE

Self Care



Welcome

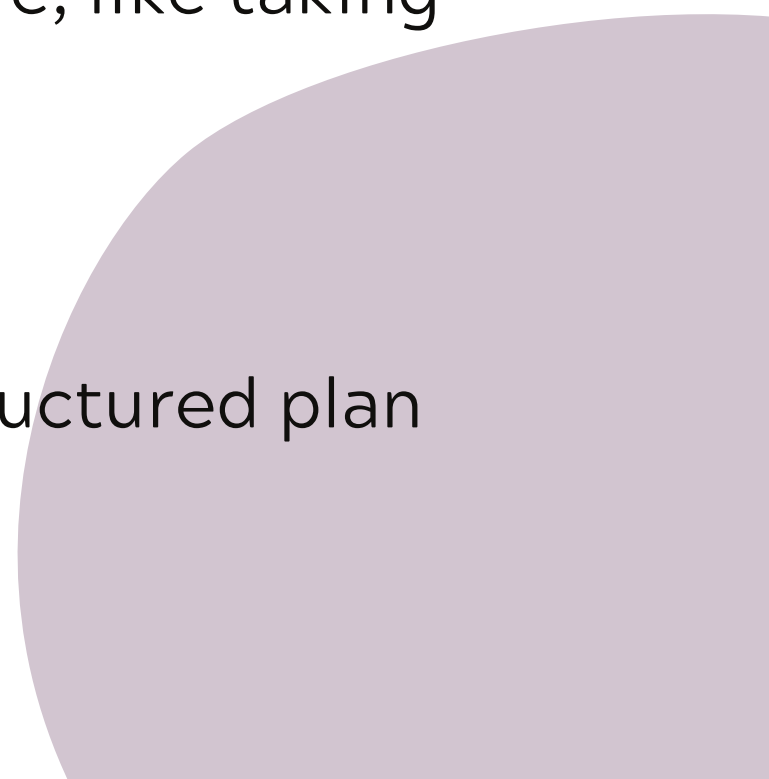
MODULE 9

What is self care & why is it important?

Defining self-care isn't always easy, and it looks different for everyone.

Self-care is for the needs within you. **Self-care is caring for your soul, your inner self, and your very being.** However, chronic illness can turn even the most basic forms of self-care, like taking a shower and cooking a meal, into a challenge.

To successfully achieve self-care, you must have a self-care plan. It's through a structured plan that you're going to be able to properly care for your very being.



BUILDING A NOURISHING SELF-CARE PLAN

- Your self-care plan gives you a solid foundation for what you want to do and how you can accomplish it.
- Your self-care plan should inspire you and remind you of why you want to take care of your body, mind, and spirit.
- Another aspect of your self-care plan is tracking your progress.
- It's important to have some sort of structure in place for successful self-care. You need to take care of yourself before you can take care of anyone else. A good self-care plan will provide you with the vigor, attitude, and energy to enjoy life to its fullest!



EMPOWERING MORNING RITUALS

A morning routine can set you up to feel more productive, empowered, and even accomplished.

Arianna Huffington, the founder of The Huffington Post and Thrive Global, has shared that a part of her morning routine is about what she does not do - like checking her phone.



HOW TO INTEGRATE MORNING RITUALS INTO YOUR ROUTINE:

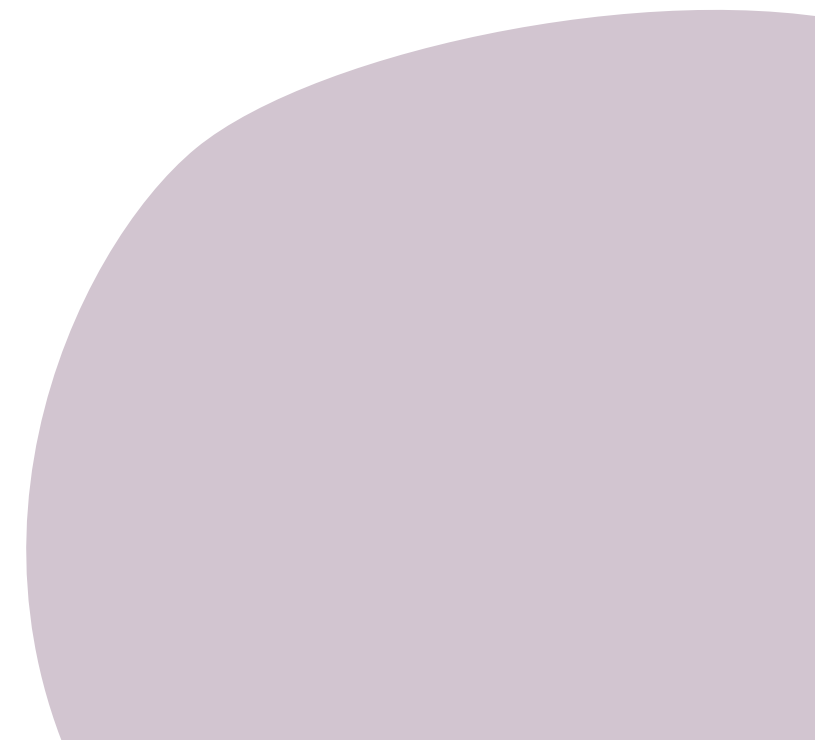
Think about the person you want to be. Start with your “why” so you can envision the transformation you want as a result of your routine.

- Do you want to be happy? What does happiness look like to you?
- What can you add to your routine that will help you start the day proactively?

Start with easy wins. Easy wins - or easy tasks - like making your bed will help you start the day off on a positive note.

Enjoy the process. Importantly, enjoy the process.

HAVING AN INTENTIONAL MORNING ROUTINE WILL HELP YOU PUT IN THE WORK TO BECOME THE PERSON YOU WANT TO BE, FEEL EMPOWERED, AND REACH YOUR GOALS.





USE THESE MORNING RITUALS TO FEEL MORE CONFIDENT:

Make your bed.


Drink a glass of water. Overnight, our bodies go eight hours without hydration! Start your morning by waking up your senses and rehydrating with a glass of water.

Journal. Journaling helps you get your thoughts onto paper and set goals.

Use these prompts to guide your journaling:

- How did yesterday feel for you?
- Set your intention for the day.
- Reflect on what you are grateful for.

Move. Going for a walk or doing some seated yoga can wake you up and give you energy. The movement will also help release mood-boosting endorphins!





SELF-CARE SUNDAYS

Do you love the idea of self-care, but you keep forgetting to squeeze any personal time into your busy schedule? Self-Care Sundays may help you to stay on track by devoting one day a week to your wellbeing.

Use these ideas to invent your own Self-Care Sunday rituals.

SELF-CARE FOR YOUR PHYSICAL HEALTH:



Stay hydrated. If you're fatigued, you may need to drink more water. Try carrying a bottle around with you on Sunday to see if you feel more alert.

Take a bath. Drawing a warm bath is usually reserved for the end of a long, stressful day. But who says you have to wait for the evening on Sunday Funday? Submerging yourself at any time of day can bring on a nice, serene sense of well-being.

Eat light. Visit a farmer's market and whip up a mushroom omelet.

Work out. Head outdoors to ride your bike or climb a mountain.

Sleep well. Go to bed early, so you'll feel refreshed on Monday morning.

Examine your skin. Dermatologists recommend a monthly self-examination to spot early signs of skin cancer. Do it every fourth Sunday or scan a quarter of your body each week.

Tidy up. Cleaning and decluttering benefit your body and mind as well as your home. Catching up on housework will reduce your exposure to germs and cut down on any anxiety.

SELF-CARE SUNDAY RITUALS FOR YOUR PSYCHOLOGICAL AND SPIRITUAL HEALTH:

Meditate and pray. Spend some time developing mindfulness and connecting with the Divine.

Learn something. Read a book or take a course online.

Be social. Hang out with family and friends. Visit a museum or go shopping together.

Enjoy a laugh. Brighten up your Sunday with something funny.

Express gratitude. Think about the things you're thankful for and write them down in a gratitude journal.

Turn off your phone. Take a break from technology. Keep your phone turned off or muted for at least a few hours each Sunday.

Give generously. Serving others enhances your physical and mental health and can make you more popular. Try doing some volunteer work in your community.



Reflection

QUESTIONS FOR REFLECTION:

Does the idea of Self-Care Sunday appeal to you?

What might your own Self-Care Sunday look like?



Homework



FOR THIS WEEK:

- ✓ Create a self-care plan.
- ✓ Develop an empowering morning ritual
- ✓ Consider adopting the ritual of Self-Care Sundays. What would your perfect day look like?
- ✓ Continue the exercise/movement plan you started last week.
- ✓ Check in with your nutrition habits – are you keeping up with them?
- ✓ Continue journaling.