

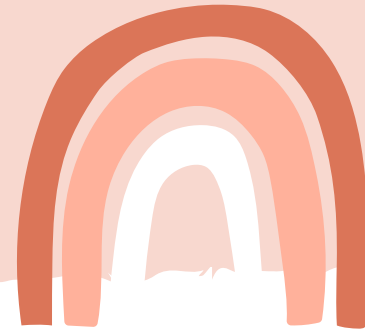


HOW TO SELF-CARE



with Lyndsay Rose





WHAT IS SELF-CARE?

*Putting time, effort, and love into the most important relationship
of all----*

The relationship with yourself!



SELF-CARE IS:



*essential for overall
wellness*



fun!



a discipline

SELF-CARE IS NOT:



selfish



"earned"



expensive

Categories section

Mind

Body

Soul

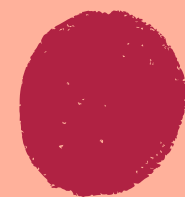
Emotions

Environment

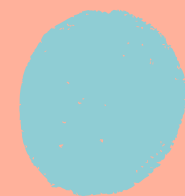
Relationships



Mind



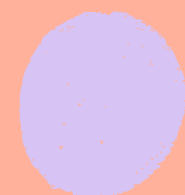
journaling



make art/create just for you



*visual
boards/goals/inspirations*



*rest/meditations/silence/out
doors*



*read- allow yourself to
escape! (No, not Netflix)*



Body



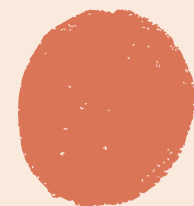
water!



nutrition



*exercise/stretching/movement/
breath*



lotion/skin care



rest, relaxation, massage



Soul



spirituality



connection to Mother Nature



laughter



positive mantras- read out loud!



self-love and respect

Emotions



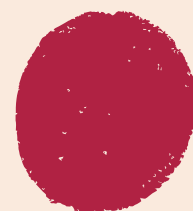
keeping an emotions journal to keep track of people/places/things that evoke emotion



saying nice things to yourself



allow yourself to feel what you are feeling- no shame

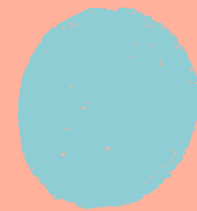


remember, your emotions are your responsibility!

Environment



clutter- tidy for the next day



lighting- soft, warm, color



live plants-other living things!



surround yourself with things you love- photos, artwork, good memories, posters



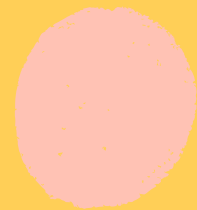
Relationships



talk to people you trust



*write thank you card, love,
letters*



hugs/touch



screen-less conversations



*be your authentic self- the ones who
see you for you will love you*

SELF CARE

tips

Start your morning



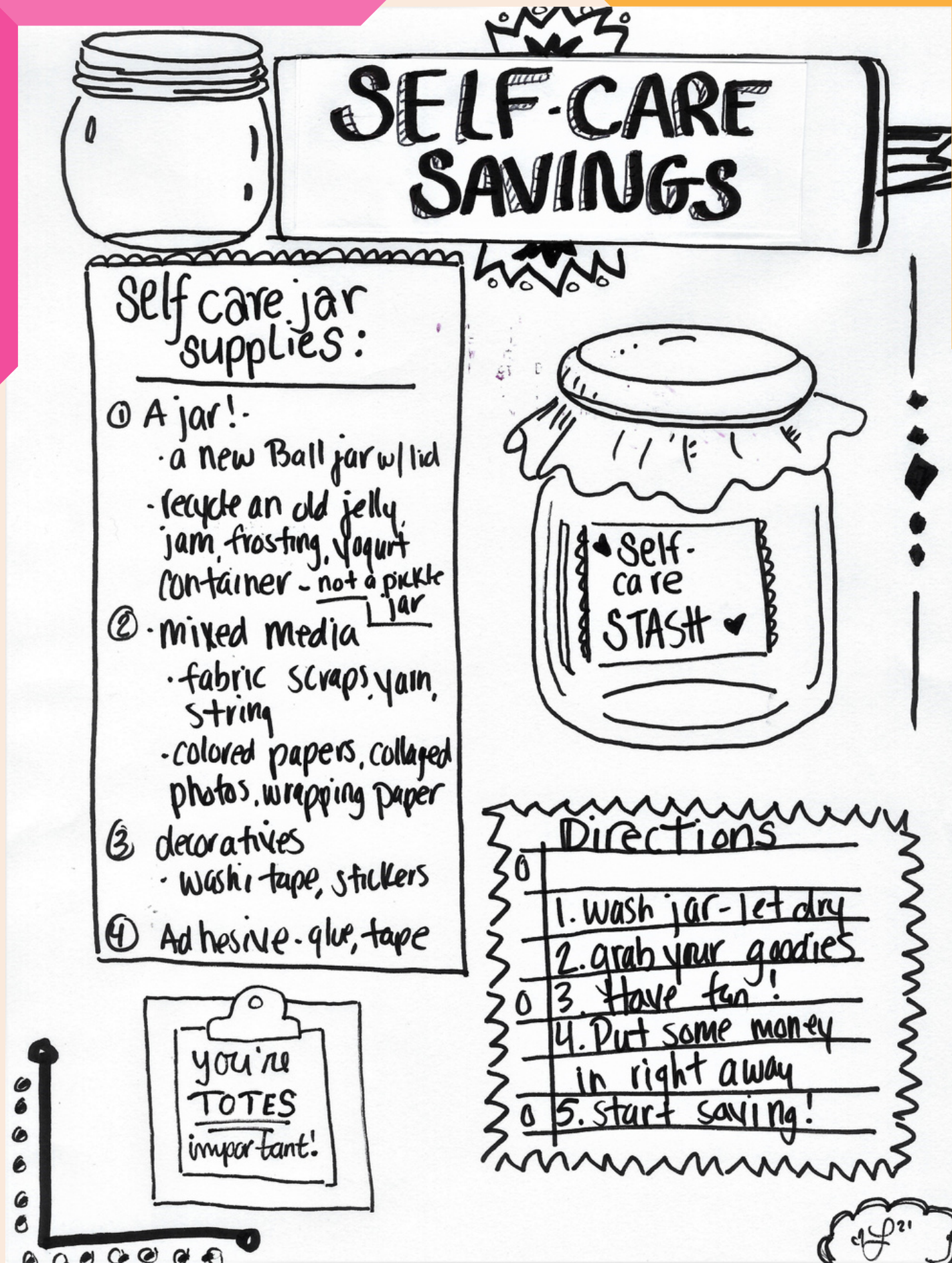
- * with gratitude
- * Dress for the day
- * Skip comfort eating (as much as you can)
- * ALWAYS be honest with yourself and others

Activity!

Make a Self-Care savings container!

This is a place to save some moolah for something special just for you.

When someone sends you birthday cash or you found a \$5 bill in your pocket, put it in here to save up for a new outfit, a cute tumbler, or a massage!

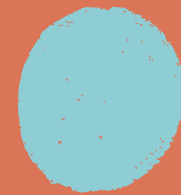




Ways to treat yourself



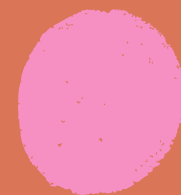
*celebrate- you can literally
celebrate anything*



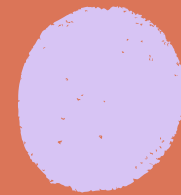
*non edible- magaizne, nail
polish, new yoga mat*



*edible- fresh fruit smoothie, latte,
frozen yogurt*



class or group activity



night for one!



THANK
YOU!



You are all amazing

