ARE YOU PRACTICING?

SELF CARE 101

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CONTENTS

01

WHAT IS SELF-CARE?

02

WHY DO YOU PRACTICE?

O3
HOW DO
YOU
PRACTICE
IT?



MAKE TAKING
CARE OF
YOURSELFMIND, BODY,
SPIRIT- A
PRIORITY.





WHAT IS SELF-CARE?

I would define it as "returning the focus on self by spending time doing (or not doing) things that feel authentic to who you are".

That can be interpreted in a variety of ways, but the goal is to simply-return to self.

This doesn't necessarily mean that self-care may feel good. It could be saying "no" to a friend. Having a difficult conversation with your boss. Or setting boundaries with a partner.



WHAT IS SELF-CARE?

The idea behind self-care can often get misconstrued. Can it be a pedicure or massage? Absolutely!

Can it also be listening to that tiny voice inside your head encouraging you to advocate for yourself? Yes!

It can be uncomfortable, feel selfish, and throw you completely out of your comfort zone.

But you know what's best for you....... so do that.

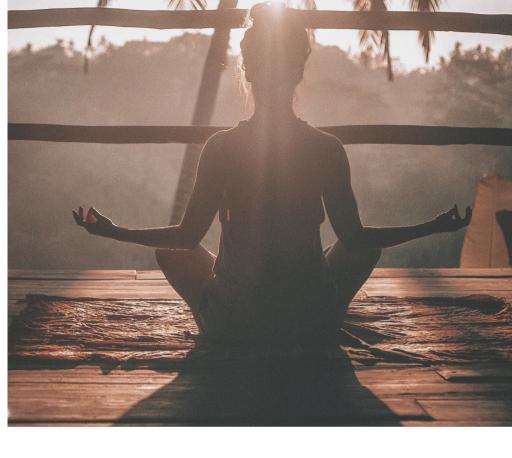


WHAT IS SELF-CARE?

With work, life, love, kids, a global pandemic, prioritizing self-care might sound & feel selfish... but IT IS NOT.

In this short e-book, I want to help provide some solutions and examples of ways to incorporate & practice self-care in your daily routine.

My hope is that if you aren't practicing self-care, you start. And if you already are, you get some more ideas!



SELF-CARE:
DOING THE
THINGS THAT
MAKE YOU FEEL
MORE LIKE
YOURSELF.



W H Y D O I T ?





WHY DO IT?

Different people need different things.

Because of this, it's important to
determine which type of self-care would
be most beneficial to you at a particular
time.

Touched out from your toddler?

Burnout from work?

Exhausted from long shifts?

Just feeling stagnant?

Each one of these scenarios might require a different form of self-care.



As a single Mom at 19, it was a foreign concept to think outside of being a mother. I never really thought about what I needed, how the 12 hour shifts affected my body, or how the lack of personal time affected me, mentally. I didn't "stop to smell the roses". I was in survival mode. As I read more & more self-help books, I learned about manifestation. And I began intentionally setting boundaries for myself & others. I began to understand my limits & when to tap out.

I began to take care of me.



TAKING CARE OF MYSELF DOESN'T MEAN "ME FIRST".
IT MEANS "ME
TOO".
L.R. KNOSTS



H O W D O Y O U P R A C T I C E I T ?





HOW?

There are six different types of selfcare. (There are probably more, but this is what comes to mind for me!)

Social
Physical
Intellectual
Spiritual
Emotional
Sensory

Which type of self-care do you think you need the most right now?



SOCIAL SELF-CARE

This type of self-care is based on connection or disconnection, largely depending on your personality and what recharges you.

Examples:

Catching up with a friend Interacting on social media Visiting family

-0R-

Cancelling plans Taking a break from your phone Spending time alone



PHYSICAL SELF-CARE

This type of self-care is based on taking care of your body. In my opinion, it has to be something you enjoy!

Examples:
Massage
Manicure/Pedicure
Exercise/yoga (moving your body)
Eating your favorite food/dessert
Drinking water
Sleeping in/taking a nap



For example, as I army crawled my way through RN school, I began to have physical symptoms that I'd never had before. To combat those symptoms, I began getting weekly, deep tissue massages. By the time the next week rolled around, the tension in my body was almost tangible. The headaches were back. The stress persisted in my body.

Massage was the first way I learned to take care of myself. And it still remains one of my favorite acts of self-care.



INTELLECTUAL SELF-CARE

This type of self-care is based on challenging the mind.

Examples:
Reading a book
Watching a documentary
Listening to a podcast
Starting a new hobby
Learning to play an instrument
Trivia



SPIRITUAL SELF-CARE

This type of self-care is based on seeking peace, whatever channel you pursue that is totally up to you!

Examples:

Meditation/Praying

Reading scripture

Tarot cards/tarot reading

Volunteering

Astrology

Listening to spiritual/gospel music



EMOTIONAL SELF-CARE

This type of self-care is based on the "inner stuff", feelings, self-awareness, etc. Anything that helps us become more in tune with our emotions.

Examples:
Journaling
Therapy
Writing
Cooking
Setting boundaries
Saying "no"



SENSORY SELF-CARE

This type of self-care is based on the senses-sight, smell, taste, sound & touch.

Examples:
Sitting in silence
Blasting loud music
Watching binge-worthy tv
Lighting a candle
Diffusing essential oils
Eating a comfort food
Cleaning your home
Taking a bubble bath



That's it!

You now have a starting point to begin your journey to self-care.

If you have to start small, do something once per month. Keep incorporating these elements into your life, until it becomes second nature.

My hope is that once you do- you'll be living a better, more balanced life... being more authentically you!

Honestleigh,

Danielle