

ARE YOU  
PRACTICING?

**SELF  
CARE  
101**

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# ***CONTENTS***

01

WHAT IS  
SELF - CARE ?

02

WHY DO  
YOU  
PRACTICE ?

03

HOW DO  
YOU  
PRACTICE  
IT ?



MAKE TAKING  
CARE OF  
YOURSELF-  
MIND, BODY,  
SPIRIT- A  
PRIORITY.

01

W H A T I S  
S E L F -  
C A R E E ?

01



## 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.

- ROBYN CONLEY DOWNS



02



W H Y D O I T ?



02



## 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. KNOTS

03

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

03



## HOW?

*There are six different types of self-care. (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*

*-OR-*

*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*





*and breathe*

*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*

# *honestleigh*

THE ASSERTIVE WOMAN

*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***