

Body Mind Emotions Spirit

Self-Care Practises for your Well-being.

Nutrition and Exercise

Consult a nutritionist to create an individual plan for you . Find an exercise program you enjoy and one that suits your schedule.

Affirmations

Say your affirmations aloud, sing them or write them.
I lovingly take care of my body, mind and emotions.

Meditation

Spend 5 minutes each day in quiet meditation. Join a meditation group and build your meditation, relaxation and mindfulness skills.

Gratitude

Feel the emotion of gratitude as you focus on what you are grateful for.

Feel Good Events

Do something you enjoy each day. Ride your bike, laugh with a friend, sit on a swing, take a bath... Do something fun.

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Let Your Light Shine

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Connect with Nature

Walk along the beach or in the forest. Spend time in a garden. Take your shoes off and feel the ground.

Self Compassion

Replace any judgement with understanding for your struggles, mistakes and shortcomings. Love and accept yourself as you are.

Like Minded Friends

Spend time with people who get you and with whom you can be yourself. Seek the support of good friends.

Kindness & Nurture

Give yourself what your need. Book a regular massage, energy healing session, see a counsellor, get some coaching or join a women's group. Rest when you're tired and get enough sleep.

Daydream

Take time during your day to stare out the window and daydream.