

Are You Doing Enough Self Care?

What You Need To Know

- Stress management is reactive where self care is proactive
- If we practice self care regularly, we have more reserves built up to deal with the inevitable stressful situations
- Your body is able to take in food and use it most effectively when there are reserves built up
- When you run out of reserves in dealing with your stress digestion suffers and you are more likely to store fat instead of being in a place to burn it.

signs you need more self care

- You're irritable & stressed
- You feel overwhelmed with daily life
- You can't immediately name actions that bring you joy/count as self care in your daily life.

Getting over the guilt of looking after yourself first

- Airplane analogy: you need to put your oxygen mask on so you can go on to help the ones you love
- You're not helping and supporting your family if you're not prioritizing your own well being
- Self care doesn't have to be big & dramatic. It can be as simple as adding essential oils into your daily shower or having a coffee break to really enjoy the cup of coffee.

#1 Recommendation

- Take deep breaths. Deep breaths tell your body to relax. Your heart rate slows.
- Incorporate breathing deeply into your routine. For example everytime you sit down to eat take 3 deep breaths first