



SELF-CARE

FOR THOSE OF US WHO ARE STRUGGLING

YOU ARE WORTHY NOT IF, NOT WHEN, NOW.

STRETCH YOUR BODY

- THIS CAN HELP PREVENT THE ACHES AND PAINS FROM LYING/SITTING FOR LONG PERIODS OF TIME.

TRY THE BLOGILATE'S 'STRETCHES AFTER A STRESSFUL DAY' VIDEO ON YOUTUBE FOR INSPIRATION.

DO ONE SMALL TASK

- WHETHER IT IS PICKING YOUR CLOTHES OFF THE FLOOR, WASHING A FEW DISHES, TAKING A SHORT WALK OR SITTING FOR A BIT OUTSIDE, THIS CAN HELP YOU FEEL MORE IN CONTROL & HELP PREVENT THE DOWNWARD SPIRAL OF SHAME-DRIVEN THINKING.

BRUSH YOUR TEETH

- IF THIS FEELS TOO HARD, USE MOUTH WASH INSTEAD.

SET ALARMS FOR THE "LITTLE, BUT ESSENTIAL, THINGS"

- WHETHER THIS IS TO DRINK A GLASS OF WATER, EAT SOMETHING QUICK AND EASY, GO TO BED AT THE SAME TIME EACH NIGHT, OR TO BRUSH YOUR TEETH, THIS CAN HELP ADD SOME STRUCTURE TO YOUR LOWEST DAYS.

HAVE A SHOWER

- IF THIS FEELS IMPOSSIBLE, HAVE A SPONGE BATH OR USE WET WIPES.

WHILE YOU'RE AT IT WHY NOT PUT ON SOME DEODORANT AND PERFUME/COLOGNE AS WELL -- YOU'RE WORTHY OF THIS.

AROMATHERAPY

- PUT ON SOME ESSENTIAL OILS OR LIGHT A CANDLE -- THIS CAN HELP STIMULATE YOUR SENSES AND BRING SOME AWARENESS TO YOUR SURROUNDINGS (AND AWAY FROM YOUR THOUGHTS).

IF YOU'RE FEELING ANXIOUS, CERTAIN ESSENTIAL OILS (E.G LAVENDER) CAN ALSO HELP CALM YOUR NERVOUS SYSTEM.

Connect with us!
@mindfitnewzealand

