

SELF CARE

Self-care is about looking after yourself and can be done in many ways, **not just pampering**.

BUDGETING - is a way of making sure you won't get caught out with a financial emergency e.g., new fridge. It could be a Christmas account so you aren't going to fall short over the holiday period. Having a budget and sticking to it can empower you and reduce financial stress in your life.

SLEEP HYGIENE - having a night routine is important to set yourself up for a goodnight sleep. It is when our bodies rest and repair. Quality sleep can help with cognition, blood sugar levels, weight, mood and energy. Develop a routine to wind down using the suggestions below.

- No electronic devices an hour before bed e.g., phone.
- Keep the room dark and not too warm.
- Wake up with the sun to help reset your circadian rhythm.

STRESS MANAGEMENT - experimenting with daily mindful techniques and meditation can help reset your Parasympathetic Nervous System. Using Apps such as SMILE and INSIGHT TIMER are a good way to get started. **EARTHING** - is a practice where you walk bare foot on the grass or sand for 10 minutes or more to connect with the earth and help take the daily stressors away. Including a walking meditation can be beneficial.

HEALTHY EATING - Staying away from unhealthy foods and having a more whole food approach will do wonders for your self-care. You will feel more energised, focused, happy, stronger immunity and more.

BOUNDARIES - Having healthy boundaries from toxic people or situations will allow you more energy and peace in your day. Saying **NO** is a complete sentence.

LISTEN TO YOUR BODY - Don't ignore signs such as memory loss, insomnia, hair loss, reoccurring colds and flus, digestive issues, headaches and more. This is your body talking to you, listen and learn from it.



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