

MY SELF-CARE IS ALL ABOUT CARING FOR MY MIND



Caring for my mind is most important in my self-care.

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You have learned that what you think has a huge impact on your day, and your life. Awareness was the first thing you learned, and then took action to start caring for your mind. You detect your negative thoughts right away (usually given away by emotions), and do what it takes to change your mindset so you can complete the tasks at hand.

You also believe that boundaries are important to preserve your energy, and have learned to set and keep them. Energy vampires tire your mind and drain you, so once detected, a boundary is set! It's not selfish, it's self-preservation.

SELF-CARE HAS MANY FACES.

To become our best self we need to consider what it really takes to achieve balance. If we spend time in all 4 areas, the physical, emotional, mental and spiritual, we are more apt to achieve life balance.

Think about how our emotions can take over if we don't keep our mind in check for example, and let "our stories" take over the present.

What happens to our body if we don't exercise it over time?

Consider that if we have a connection to a higher power (whatever that is for you) as we tend to feel more supported in life overall. Every area brings something worthwhile to our lives.

What about the physical, emotional, and spiritual activities for self-care?

MAYBE IT'S TIME TO ADD SOMETHING NEW TO YOUR ROUTINE, HERE ARE SOME IDEAS

What can you do to bring more self-care in different areas into your life? Consider the following and give one a try!

PHYSICAL Self-care ideas:

- Park far away and walk to get more steps each day.
- Eat an apple a day, consistently. Your heart will thank you.
- Find a walking partner, and start walking. Bundle up for the weather conditions.



EMOTIONAL Self-care ideas:

- Learn some breathing techniques, like belly breathing, to calm you.
- Wear bright colours to lift your mood, and those around you.
- Journal and "empty your container", it's better than carrying it around!

SPIRITUAL Self-care ideas:

- Try a guided meditation online.
- When you awake and when you go to bed, think of 3 things your grateful for.
- Learn about the Chakras and physical health.

Meditation is a great way to tap into the mind, and comes in many forms, from closed eyes in lotus pose to walks in nature. Find what works for you and feed your mind. Lose yourself in something you love. This is a great treat for the brain!



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