

MY SELF-CARE IS ALL ABOUT EMOTIONS



Caring for my emotions is most important to me.

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You have learned, and likely the hard way that if you don't deal with your emotions, they creep up and display their ugly side at the most inappropriate moments! You know there is no shame in talking to a counsellor, as there is none in confiding in a good friend. The important part is facing those emotions, let them tell you what you need to know, then you can send them on their way and move on with your day. Journaling is another great tool to use to get the yuckies out. A nice epsom salt bath, helps to wash the negative away.

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, mental 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.

MIND Self-care ideas:

- Become aware of your negative self talk, and change it to a positive statement instead, even if you don't believe it yet.
- Stimulate your brain with a good book or crossword puzzle.
- Think about something you love, close your eyes and visualize yourself there now.

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.



It's vital that we learn to "empty our container" meaning get those emotions out vs. keeping them inside and eventually causing disease and potentially disease in our physical body.

