

# MY SELF-CARE IS ALL ABOUT THE SPIRITUAL



## Feeding my Spiritual side is what it's all about for me.

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You have been on a Spiritual journey for some time now. You have explored different modalities, whether as a student, a client, or even as a practitioner. The more you learn, the more you want to learn and that leads you to the next Spiritual topic of interest. While you have your beliefs, you do not push them onto anyone and respect the fact that we are all on our separate journeys. Mind you, there is nothing like meeting a soul of like mind to cement your beliefs and enhance your earthly experience.

### **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 emotional, mental and physical 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!

## **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!



## **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.

## **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.

**"It's not what happens to you, but how you respond that matters."  
EPICTETUS**

