



30 SIMPLE SELF-CARE TIPS

FOR EVERYDAY LIFE

WRITTEN BY
JAHSEEN FOSTER

Introduction

Self-care is a big trend at the moment. But just because it is a trend, that doesn't mean it isn't also an extremely valuable activity, and one that we should ALL have been doing right from the start. Simply, self-care is looking after yourself. It means taking a moment to remind yourself you're doing okay, to enjoy yourself, to pamper yourself, and to eat well. These simple changes mean you attack life feeling and looking better, and they mean you actually get some *enjoyment* out of it along the way.

Seems simple, and yet it's something many people still don't do. So read on, and let's take a look at 30 easy ways you can start looking out for number one (that's you by the way.)

1 Meditate

Meditation means finding a quiet moment to direct your attention and focus on your state of mind. It is linked closely with mindfulness, and it can help you to find moments of calm where otherwise they didn't exist. Not only does this teach you to cope with life's biggest challenges, it also helps you to develop your grey matter!

2 Spend Time Outdoors

In beautiful lush environments, ideally! This triggers key hormonal changes, and helps to boost your health. It's also great for stimulating a sense of calm, not to mention creativity.

3 Keep a Photo by Your Bed

Keeping photos of friends to hand is a great way to remind yourself of the people you love. We evolved in small tribes, and studies show that seeing "faces" first thing in the morning can release key beneficial hormones.

4 Have the Right Grooming Regime

Grooming yourself is important if you want to look and feel your best. Moreover though, the simple act of taking care of yourself is an important ritual that can help you to find calm and release tension.

5 Exercise

Exercise improves your health and your looks, but also stimulates the release of beneficial neurotransmitters for an immediate mood boost.

6 Call Friends

Keeping photos around does wonders as we've seen, but better yet is to *call* a friend. This is especially important if you feel lonely from time to time. But either way, calling friends can help you to encourage a larger support network which is amazing for your psychological health. The same goes for family. The best part? It helps them too, which is amazing for your own mood. Why not call on hands-free while cooking?

7 Message Friends

Messaging friends is an equally valuable way to stay in touch which can be just as healthy. Send a joke, or ask how a friend is doing, and it can open up a conversation that leaves you BOTH in much better moods.

8 Use Positive Mantras

Positive mantras are phrases that you can repeat to boost your mood or confidence. The great thing about this, is that it will not only offer a short term benefit, but in the long-term it can actually raise your general mood and esteem. That's because thinking this way can become habitual and internalized.

9 Make Note of Complements

It is often said that we give much greater importance to insults and things that go badly, than we do to complements and things that go well. To put a change to this, write down all the kind things you hear people say to you. Not only does this help you engage with those comments more, but it means that whenever you need to, you can read back through those comments!

10 List Things You're Grateful For

This is called 'cultivating gratitude' and it's something many of us could benefit from. Essentially, it means thinking about things that you're thankful for, and then taking the time to remind yourself of those things. This in turn allows you to focus on positive emotions and to remind yourself to enjoy what you already have – instead of always chasing after what is next.

11 Find Time for “You Time” Every Day

If you go through life constantly rushing from one job to the next, then you will never be able to actually enjoy your time. Not only that, but “you time” will allow you to pursue hobbies and interests that make you happy.

12 Get Enough Sleep

Getting sleep is crucial to your health, your mood, and even your long-term psychological well being. You owe it to yourself to get at least 8 hours.

13 Dress Yourself Well

Dressing well ensures you look better, which in turn means that others will perceive you differently. The “law of attraction” tells us that this can eventually lead to great things happening for us. Not only that, but when you dress yourself well, you send a sign to yourself and to others that you believe you are *worth* adorning in those nice clothes.

14 Decorate Your Home

Decorating your home well can mean surrounding yourself with things that make you happy. A tidy and well-presented home is also great for reducing stress that can come from clutter and disorganization. While you might not feel like you have the time, taking some time out of your schedule to clear your home and make it look beautiful can ensure that everything else you do feels and goes better.

15 Take Holiday

Just take the time off!

Too many people feel they have to work extremely hard all the time, and that they can never take a day off. If they do, then surely it will mean that they’ll be slacking, and that they will look bad in the eyes of their employers. They’ll be shirking responsibilities, leaving it to others, and doing a poor job!

You know what? If you take a day off today, no one is going to notice. And when you look back on your life years from now, you won’t even remember. What you *will* remember is being ill from being overworked, or missing out on amazing opportunities.

16 Cut Out Toxic People

A toxic person is anyone who makes you feel bad about yourself regularly. While you can't easily cut someone out entirely if you will be encountering them in your daily life, what you *can* do is to create boundaries and avoid spending more time than necessary with them. You don't owe these people anything, and they won't change.

17 Learn to Say No

Many of us struggle to say no. This results in us taking on too much responsibility, and committing to too many different things. Learn to say no, and to spend time at home recuperating without a "reason." Life will get much easier and happier.

18 Enjoy Healthy Treats

Good food triggers a spike in happiness and reward hormones. If it's unhealthy, this enjoyment will be short lived and you'll soon feel stressed and anxious again. But if it's healthy, then the beneficial nutrients will help to improve your mood long term, not to mention fortifying your mind and body.

19 Take Sick Days

As before, it is important to recognize that there is no honor in refusing to ever take time off work. This goes double when it comes to sick days. Your health is more important than what your boss thinks of you, so if you're ill, do everyone a favour and call in sick!

20 See the Doctor

Likewise, when you're ill you should see a doctor. Think about what you would tell a family member. If they were limping and spluttering, you'd tell them to see a doctor. Show yourself the same respect and kindness!

21 Use Loving Kindness Meditation

Loving kindness meditation is a form of meditation where you focus on feelings of love and happiness that are directed toward yourself. You will be cultivating these emotions, so as to increase their abundance. It's a great practice that can help you feel warm and content throughout the day.

22 Pet a Dog or Cat

It's one of the best ways to trigger the release of feel good hormones. If you have the time and money to own a pet, then this is one of the best forms of therapy out there!

23 Keep Plants and Flowers in Your Home

Plants and flowers can help boost your mood and health in many ways. Looking at greenery can help you relax and stimulate creativity for instance, while the oxygen production may also be beneficial. Plus, caring for something is another great way to feel better about yourself.

24 Drink Plenty of Water

Drinking water is extremely important for your health. The more water you drink, the more you'll boost your energy level, mood, sleep, and more.

25 Enjoy "Bubble Time"

Bubble time is a term I coined. It essentially means enjoying tiny moments of complete peace and quiet and basking in the freedom you have during those moments.

For example, if you are taking an elevator somewhere, then you can take that time to simply relax. It's only a 1 or 2 minute journey, but in this 'bubble time' you don't need to worry about *anything* else!

26 Eat More Slowly

The more slowly you eat, the more you'll enjoy your food. This is also extremely good for your health, as eating quickly can lead to weight gain (we don't recognize when we're full), indigestion, and much more.

27 Make a Note of Things You're Looking Forward To

When you spend your life going from one crisis to another, or simply carrying out jobs, it can be hard to remember just how much exciting there is to look forward to.

These don't need to be big things like holidays (though that works too of course!). They can just as easily be tiny things: things like new movies that are coming out, the breakfast cereal you will have tomorrow, or finishing that book later on. Don't have things to look forward to? Get some!

28 Hit Snooze

There are so many self-help articles and books telling you how to wake up on time every time. There are countless entrepreneurs and self-help gurus claiming that you should get up at 4am every day.

And yet, when the alarm goes off early, you always just find yourself wanting to roll back over and go to sleep.

You know what? You've earned it! If it's the weekend, or if you have a bit of time spare, then hit snooze and enjoy those 10 extra minutes. They won't kill you! In fact, chances are that if you're that tired, then you actually need the time!

29 Learn the Difference Between Success and Happiness

This is a bigger one, but it's essential. Too many of us equate success to happiness, meaning that we think that 'doing well' is the same as 'living well'. It is not. And in fact, for many of us, success is a trap. When you start chasing success to the extent that you are no longer taking the time to enjoy your lifestyle, it means that you aren't going to *benefit* from any of that success.

Learn to enjoy each step along the way. And moreover, think about what the lifestyle you're chasing after will *actually* mean for your energy levels, your stress, and the time you get to spend with your family.

30 Use a Daylight Lamp

The last one is another easy one: get a daylight lamp! This is a light that mimics the rising of the sun, and creates a very similar wavelength. The value of such a lamp lies in its ability to affect your hormones and mental state similarly to the real sun. This can combat SAD (seasonal affective disorder) and drastically raise your mood.

So, there you have it! 30 easy things you can do to boost your mood, to fix your health, and to be happier and more content. But the most important takeaway is simply that you should be doing *something* to enhance your mood and wellbeing. It's okay to need a bit of TLC from time to time, and it's okay to be the one to provide it!

(Daily) SELF-CARE

DATE ____ / ____ / ____

S M T W T F S

C H E C K L I S T

- | | |
|--|---|
| <input type="radio"/> MAKE YOUR BED | <input type="radio"/> TAKE A LONG BATH |
| <input type="radio"/> TAKE YOUR MEDICATIONS & VITAMINS | <input type="radio"/> DO A FACE MASK |
| <input type="radio"/> SKINCARE ROUTINE | <input type="radio"/> CALL A FRIEND OR FAMILY |
| <input type="radio"/> HEALTHY MEALS | <input type="radio"/> MEDITATION |
| <input type="radio"/> GO FOR A WALK | <input type="radio"/> WATCH A MOVIE |
| <input type="radio"/> CLEANING HOUSE | <input type="radio"/> CUDDLE A PET OR HUMAN |
| <input type="radio"/> WASHING CLOTHES | <input type="radio"/> TRY A NEW RESTAURANT |
| <input type="radio"/> LISTEN TO MUSIC | <input type="radio"/> MAKE TIME TO READ |
| <input type="radio"/> HAVE A POWER NAP | <input type="radio"/> TRY A NEW RECIPE |
| <input type="radio"/> SOCIAL MEDIA BREAK | <input type="radio"/> NO PHONE 30 MINS BEFORE BED |

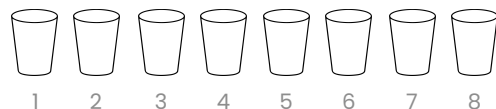
WORKOUT

- | | | |
|-------------------------------|--------------------------------|-----------------------------|
| <input type="radio"/> CARDIO | <input type="radio"/> WEIGHT | <input type="radio"/> YOGA |
| <input type="radio"/> STRETCH | <input type="radio"/> REST DAY | <input type="radio"/> OTHER |

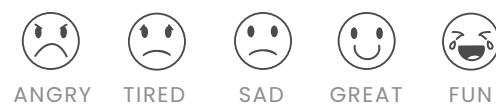
HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD



THINGS THAT
MAKE ME
HAPPY TODAY



Before you go I wanted to send you a personal invite to join me inside my brand new "Self Love Discovery course" This course is designed to help women unveil their true authentic self using simple yet effective proven to work techniques.

Self love Handbook

"Find Out The Secrets To Self-Love Discovery - All You Need to Know To Live a Happy and Fulfilling Life.To Boost Your Self-Esteem and Heal Your Mind, Body, and Soul." "The Self Love Handbook" is a life changer. If you want to increase your understanding and awareness of self-love, respect, confidence, and appreciation, The Self Love Handbook is for you. Unless you are actively involved in a carefully designed system, you will not be able to appreciate yourself fully and attain a new level of existence. Action is needed for permanent transformation.



The self-love Handbook



Attitude Of Gratitude



tenyourmind

www.tenyourmind.com