

DO YOU FEEL GREAT AFTER A CLASS / SESSION / RETREAT / WORKSHOP BUT STRUGGLE TO MAKE SELF CARE A SUSTAINABLE PART OF YOUR DAILY LIFE?

These 9 simple reflections will support you in creating lasting habits that help you take better care of yourself and feel better every day.

Make yourself comfortable and use the worksheet or your journal to make a note of each first answer that springs to mind for you right now.

Get closer to what will work for YOU.

1) Why do you WANT to feel better? Get really clear about what's NOT working about your current situation:

2) Take a moment to connect with Serene You. You might imagine or remember (even a fleeting moment) it. Use all your senses and make it vivid:

3) Find a time that works for you. For me, it's straight after brushing my teeth each morning. Meditation, yoga, EFT and THEN I'm ready for life. What's most practical for you at this time?

**How to stop sabotaging your
daily self care practice**

4) Minimise distractions. Michelle Obama talked about her 4.30am workouts setting her up for the day. The idea makes me want to WEEP but we can all do SOMETHING to create some time and space for ourselves. What big change / tiny tweak might you make?

5) Anchor your space. Set it up (or have it easy to set up) for whatever your soul craves each day (journalling or meditation spot? Yoga mat? Workout gear?). Keep any props accessible and let the space work WITH you.

6) Work WITH any illness / injury - self care is especially important when we need extra TLC. Instead of forcing things, get to know what your body needs from you right NOW. What does self care look like on your worst days? What would be a minimal, gentle practice?

7) Work with your mind body connection. We're wired to be motivated by rewards. Ultimately, your practice will feel rewarding but to support your self care launch / reboot, what will you treat yourself to afterwards?

8) Make your daily practice as pleasurable as possible. If it's yoga, choose your favourite poses. Remember your most delicious classes / sessions / retreats etc and see which elements you might bring into your daily life (Cards? Special tea? Beautiful mug? New pen? Yoga bolster or eye mask?):

9) Remind yourself that you're worth it. There are STILL days where I struggle but there's something so nourishing about getting on the yoga mat (or whatever your practice involves) every day, even for Just One Pose (which usually turns into a proper practice). What will be your 'I'm worth it!' tiny daily action?

*Hi, I'm Eve Menezes Cunningham,
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Since 2004, I've been helping clients take better care of themselves. Over the years, I've added therapies to the coaching so offer clients and supervisees a unique blend of talk therapy, energy work and body work.

selfcarecoaching.net has more information and lots of free resources to help you help yourself.

Now, as well as one to one and group work, I'm supporting people who want a bit more structure with the Call of the Wild ~ Take Better Care of Your Self online membership programme.

Email eve@selfcarecoaching.net to find out more and register your interest