

A BUSY MUM'S GUIDE TO SELF-CARE AND REGAINING YOUR HEALTH



Prioritising your self-care is a must for a flourishing life.



MY STORY



AFTER LOSING 23 KILOGRAMS THROUGH A COMBINATION OF NUTRITION AND FITNESS RESEARCH, MY INTEREST IN THE HEALTH AND WELL-BEING INDUSTRY WAS SPARKED.

MY PASSION FOR HOLISTIC WELLNESS HAS ONLY GROWN SINCE THEN. I HAVE SPENT YEARS IMMERSING MYSELF IN VARIOUS AREAS, FROM NUTRITION AND ESSENTIAL OILS TO REIKI, MEDITATION, YOGA, GUT HEALTH, HORMONES, AND MORE.

OVER THE LAST 12 YEARS, I HAVE BEEN RESEARCHING, LEARNING, AND EVOLVING TO BECOME THE CERTIFIED WOMEN'S HEALTH COACH, THAT I AM TODAY.

THIS GUIDE IS ONLY THE BEGINNING OF THE MAGICAL WORLD OF WELL-BEING THAT YOU ARE ABOUT TO EMBARK ON.

I HOPE YOU ENJOY THIS GUIDE AS MUCH AS I ENJOYED CREATING IT FOR YOU.

Raquel xo





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INTRODUCTION



I can't tell you how many mums (and non-mums) I speak to who say that they're too busy to participate in self-care activities or that they feel guilty if they try. First, let me just say that self-care isn't all face masks and baths (while that's a beautiful part of it), self-care actually involves:

- Nourishing your body and having a good relationship with food
- Movement and exercise
- Self-compassion
- Self-respect
- Having and setting boundaries
- Being true to yourself
- Living in alignment with your soul's purpose





Ensuring that we are looking after ourselves every day and doing those things to ‘fill up our cups’, is so important, but so many busy women and mums are missing out on this crucial aspect in their lives.

This guide was created to help you discover how you can implement self-care rituals and practices in your life with ease, without it being ‘just another thing we HAVE to do’.

I’m not promising that you will become a self-care queen right after reading this guide, but it will give you the tools to try and navigate through your busy life.

Please remember, that nothing will change in your life unless you make an intentional effort to change it. So, do the work in this guide. If you are desperately needing to look after yourself better, then prioritising your care is a must.

After all, how are we going to fill up other people's cups, if ours is running empty?



PERSONAL ASSESSMENT



It's now time to do a quick assessment of four pillars of self-care:

1. Physical self-care
2. Mental self-care
3. Social self-care
4. Spiritual self-care



ASSESSING YOURSELF

PHYSICAL SELF CARE

	Y	N
Got Enough Sleep	<input type="radio"/>	<input type="radio"/>
Eat healthy	<input type="radio"/>	<input type="radio"/>
Balanced Diet	<input type="radio"/>	<input type="radio"/>
Get Regular Exercise	<input type="radio"/>	<input type="radio"/>
See a Healthcare Provider when needed	<input type="radio"/>	<input type="radio"/>
Get regular massages or adjustments	<input type="radio"/>	<input type="radio"/>
Work on your mobility and flexibility	<input type="radio"/>	<input type="radio"/>
NOTE:		

MENTAL SELF CARE

	Y	N
Take time to relax	<input type="radio"/>	<input type="radio"/>
Joy and Fulfillment in activities	<input type="radio"/>	<input type="radio"/>
Support System	<input type="radio"/>	<input type="radio"/>
Practice Mindfulness	<input type="radio"/>	<input type="radio"/>
Stay present in the moment	<input type="radio"/>	<input type="radio"/>
Learn new skills	<input type="radio"/>	<input type="radio"/>
Practice gratitude	<input type="radio"/>	<input type="radio"/>
NOTE:		

SOCIAL SELF CARE

	Y	N
Strong and Supportive Relationship with friends and family	<input type="radio"/>	<input type="radio"/>
Make time for social activities	<input type="radio"/>	<input type="radio"/>
Set Boundaries	<input type="radio"/>	<input type="radio"/>
Say no when necessary	<input type="radio"/>	<input type="radio"/>
Involved in a community of like-minded people	<input type="radio"/>	<input type="radio"/>
NOTE:		

SPIRITUAL SELF CARE

	Y	N
Have a sense of purpose and meaning in your life	<input type="radio"/>	<input type="radio"/>
Practice self-reflection and mindfulness	<input type="radio"/>	<input type="radio"/>
Have a sense of connection to something larger than yourself	<input type="radio"/>	<input type="radio"/>
NOTE:		



SELF-CARE AKA GLIMMERS



The term self-care is subjective as everyone has unique needs, but the list above encompasses most human needs.

So, the first thing you need to do is make a list of all the things you consider to be 'self-care' for you (there is a space on the next page for you to fill out).

They can include the items above or you can completely make up your own. The list can be as small or intensive as you like but take your time. Take your time to really think about what lights you up, what sparks joy in your life, also known as your glimmers.

Your self-care items aka your glimmers can be small like enjoying herbal tea in silence, or they can be big like going away for a weekend alone, where you can read books and get massages (ok, I may be personalising a bit).

But my point is, jot it all down. Whether you do them or not, jot down all your glimmers and try not to leave anything out.





YOUR LIST OF GLIMMERS



WHAT NEXT?

STEP ONE

GO THROUGH YOUR LIST AND PRIORITISE THEM FROM 1-3, ONE BEING THE MOST AND THREE BEING THE LEAST IMPORTANT. YOUR LIST OF ONES IS REFERRED TO AS 'NON-NEGOTIABLES'.

THEY ARE THOSE THINGS YOU'LL AIM TO DO EVERY DAY, NO MATTER WHAT!

STEP TWO

START TO THINK OF ALL THE OBSTACLES THAT WILL GET IN THE WAY IE. KIDS, TIREDNESS, LAZINESS, HOUSE CHORES, WORK ETC. WRITE THESE OBSTACLES DOWN, SO THAT YOU ARE AWARE OF THEM.

STEP THREE

PREPARE A SET OF 'DEFENCES' SO YOU'RE ALWAYS ARMED WITH A WAY TO STAY ON TRACK. IF YOU LIVE WITH A PARTNER, GIVE THEM YOUR LIST, SO THEY ARE AWARE OF WHAT TO EXPECT IN YOUR QUEST FOR SELF-CARE. THEY WILL MOST LIKELY THEN SUPPORT YOU TO STAY ON TRACK TOO. THIS IS WHERE YOU MAY NEED TO START BEING A LITTLE 'SELFISH'.



YOUR LIST OF OBSTACLES AND DEFENCES

List your obstacles on the left and your defences on the right. I have given you an example of something I do. This frees up my time so much and I often use the time to sit down and read a book, or go out for a coffee and a treat.

eg. lots of laundry to do

eg. go to the laundromat where you can do all the washing in one go





SELF-CARE STRATEGIES

This page delves a little deeper into our obstacles and defences. Sometimes ‘things’ won’t get in the way, but your feelings, mood, and situation may. We all have down days, and that’s a good thing because life should be balanced and without the bad days, there is no growth. Know the difference between having a bad day where you need to encourage yourself to keep going to help change that bad day around, and when you just need to let yourself unravel and fall apart. Both are important processes!

THINGS I CAN DO EACH DAY
THAT WILL MAKE ME FEEL
GOOD ABOUT MYSELF

WHAT I SHOULD SAY TO
MYSELF WHEN I AM HAVING A
DIFFICULT TIME

WHAT I SHOULD AVOID DOING
WHEN I AM HAVING A HARD
DAY

WHAT I CAN DO (THAT IS GOOD
FOR ME) WHEN I FEEL
OVERWHELMED OR UPSET



LIFE GOALS

Going over your life goals can be an important step when trying to implement more self-care. Often, we are so busy that our goals get pushed to the bottom of the list. but if we keep pushing them down, it's only going to create resentment, restlessness, and unhappiness. so we must start bringing them to the surface. And if you have gotten so busy that you've forgotten what they are, really take your time here.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
FAMILY			
FRIENDS			
WORK/ SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			





UNDERSTANDING GOALS

Achieving our goals is dependent on whether or not we take action. You can not manifest your dream life if you are not taking actionable steps to get there. Use the table below to understand the "why" of your goals. Print this page out as many times as you need.

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



SO, WHY IS THIS GOAL IMPORTANT?





WEEKLY GOALS TRACKER

WEEK OF: _____

	MY GOALS	MY FEELINGS	DONE
MON			<input type="radio"/>
TUE			<input type="radio"/>
WED			<input type="radio"/>
THU			<input type="radio"/>
FRI			<input type="radio"/>
SAT			<input type="radio"/>
SUN			<input type="radio"/>



STRESS

MANAGEMENT

Stress management is a really important factor in self-care. When we're stressed it can lead to illness, under or over-eating, isolation, anxiety, and more. Incorporating stress-management techniques will help to reduce these effects and help to enhance your overall well-being, and the more they're incorporated into your daily life, the likelihood of you being so stressed is reduced.

Exercise regularly	Eat healthily
Get plenty of sleep	Practice relaxation techniques
Take time to do activities you enjoy	Connect with friends and family
Keep a positive attitude	Seek professional help if needed

Effective stress management can be incorporated into your daily and weekly routines. Research has shown that the following can affect your health and well-being: Relaxation Skills, Food Choices, Physical Activity, and Spirituality/Connection. In the table on the next page, write down options that seem right for you, your values, priorities, resources, and lifestyle, and then what you may have felt difficult in each activity.



SELF-CARE IN PRACTICE

RELAXATION PRACTICE

DIFFICULT FOR ME

FOOD CHOICES

DIFFICULT FOR ME

PHYSICAL ACTIVITY

DIFFICULT FOR ME

CONNECTION/SPIRITUALITY

DIFFICULT FOR ME



PHYSICAL SELF—CARE



The four pillars of self-care are really all intertwined; usually if you're looking after your mental health for example, you're usually dedicated to eating right, getting exercise and managing your stress.

Exercise or movement is a beautiful self-care practice and a celebration of our wonderful bodies! When movement and exercise are used correctly (ie. not over-exercising or becoming obsessed with body transformation), it often encourages us to eat better and it's a great form of stress relief. When you have incorporated physical activity into your routine, make sure you:

EXERCISE REGULARLY

GET ADEQUATE SLEEP

EAT HEALTHY AND
BALANCED MEALS

TAKE BREAKS FROM
TECHNOLOGY

PRACTICE MINDFUL
MEDIATION AND YOGA

PRACTICE DEEP
BREATHING





NUTRITION AND EXERCISE

In the tables below, jot down all the types of food and movement choices you can add to your self-care journey. That way, when you feel like you're not quite sure what you feel like doing or eating you have a great list of options to choose from. I love changing up my exercise routine and just listening to what my body feels like it needs at the time. Sometimes I do weights, sometimes I only do yoga and other times I just enjoy getting out and walking.

NUTRITION

EXERCISE



MINDFULNESS AND MEDITATION



Both mindfulness and meditation have completely changed my life, and while they're not the same thing, they can offer similar benefits. Many people find it difficult to sit down and meditate, and that's understandable with the long lists of to-dos we have in our heads! If you are interested in starting meditation I recommend writing your to-do list to the best of your ability before you take the time to sit down and meditate. If you are new to meditation, guided meditation is the best way to go. You could use apps such as Insight Timer or Headspace. Otherwise, simply spending a few minutes in silence and stillness, is a great place to start!



CONTINUED

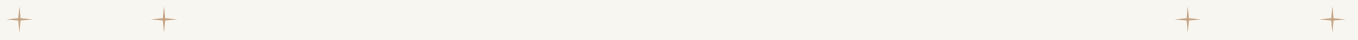


Being mindful is one of my favourite self-care practices because it doesn't take any effort at all. It's one of the best forms of self-care as a busy mum because it allows us to find gratitude and joy even in the simplest and sometimes mundane of tasks. Being mindful is simply making yourself present and aware of the moment you are in without judgment, Some examples of mindfulness include:

- Going for a walk with no phone and paying attention to the world around
- Playing with your children with no distractions
- Watching a movie with complete attention
- Eating mindfully, paying attention to tastes and textures
- Mindful showers, feeling the water rushing down your skin
- Washing the dishes with focus and attention



✦ TIME MANAGEMENT ✦



Being able to complete our to-do lists and ensure we're taking the time we need for self-care, rest and rejuvenation may require some time management in the beginning. But once these self-care practices become habits or 'second nature', you may find they won't ever have to 'make' time again. In the table below, jot down your self-care activity and your goal surrounding it, for example, Walking 3 days a week for 30 minutes. Don't make your goal too hefty to attain, start small in the beginning.

ACTIVITY	YOUR GOAL



SEEKING SUPPORT



Support is essential when you are feeling overwhelmed or struggling with your mental or emotional well-being. You can find help in many ways, including:

1. Talk to a loved one: Sharing your feelings with a trusted friend or family can be a great way to find support. They can listen, offer advice, and be there for you when you need someone to talk to.
2. See a therapist: A therapist can help you work through your emotions and challenges in a safe and supportive environment. You can find therapists in your area by searching online directories or through your insurance provider.
3. Join a support group: Support groups are a great way to connect with others who are going through similar experiences. You can find support groups in your area by searching online or through local organisations.
4. Reach out to a helpline: Many helplines available can provide support and resources if you're feeling overwhelmed or struggling with your mental health.
5. Begin working with a Women's Health Coach: A health coach will help you discover your roadblocks and help you come up with strategies for you to live a healthier, more aligned life.

Remember, it's okay to ask for help when you need it. Seeking support is a sign of strength and can be essential in taking care of yourself.



CONCLUSION



My dear Mama, please remember that self-care is NOT selfish, it is essential. In order for you to become a better person for yourself and those around you, paying attention to your self-care is a must. Even if you don't practice as many rituals as you would like to in a day, at the very least always make sure you are nourishing your body with good food, moving your body in the form of walking or some yoga, and being mindful as often as you can. Once you allow yourself to remove the mum guilt, you will see how much time you do have for yourself.

You will start to allow yourself the space and permission to leave the laundry for another day, have smaller to-do lists, and make more time for yourself.

Once you start putting your practices into gear, you will no longer want to spend every night lifeless in front of the TV, or scurrying around trying to get everything done until you collapse onto your bed at night. you will want to take that time to really nourish your soul by partaking in your favourite self-care rituals.



THANK YOU!



ARE YOU READY TO EMBARK ON A JOURNEY TO REVITALIZE YOUR HEALTH AND EMBRACE SELF-CARE? I INVITE YOU TO TAKE THE FIRST STEP TOWARD A HEALTHIER YOU AND JOIN MY 12-WEEK ONLINE PROGRAM AWAKEN YOUR WELL-BEING. IF YOU'RE READY TO PRIORITIZE YOUR WELL-BEING REACH OUT TO ME AT ANY OF THE BELOW.

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I'M SO EXCITED TO CONNECT AND EXPLORE HOW WE CAN TAILOR A PLAN JUST FOR YOU. LET'S START THIS TRANSFORMATIVE CONVERSATION – YOUR RADIANT, HEALTHIER FUTURE BEGINS WITH A SIMPLE MESSAGE OR CALL. DON'T WAIT TOO LONG, YOUR MOST VIBRANT, HIGHER SELF IS WAITING.



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