

# **Self-Care** **Cheat Sheet** **for Busy Bees:**

20 Insanely Easy Rituals  
to Boost Your Well-Being  
in Less Than Five Minutes

A guide  
created by

*Saint  
Belford*

You already know how important self-care is, but sometimes it feels unrealistic when there is so much on your plate, right?

**That's why we've compiled  
this self-care cheat sheet.**

So you can practise self-care on the busiest of days. Because the truth is, that's when you need it most.

Whether you slot these rituals and habits into your morning routine, wind down routine or somewhere in between, your mind and body will thank you for it.

# 1

**Look in the mirror and give yourself a heartfelt compliment.** This small act of self-love and self-validation can help boost your self-confidence and self-esteem.

# 2

**Repeat positive affirmations or quotes to set the tone of your day.** If you're experiencing a lot of negative chatter, this can be a healthy way to reframe your self-talk and turn up the volume of your inner coach and inner cheerleader.

Examples:

- Life is happening for me, not to me.
- Every day is a fresh start.

# 3

**Drink a big glass of water as soon as you wake up.**

Try keeping a bottle of water on your bedside table. This can serve as a morning reminder to hydrate.

# 4

**Use essential oils in the shower for a spa-like experience.** To boost your energy, try peppermint. To boost your mood, try orange or lemon. For a calming effect, try lavender.

# 5

**Ask yourself: What do I need today?** Set recurring reminder that pops up on your phone every morning or stick a post it note on your bathroom mirror with this question: What do I need today? It's such a simple way to slow down for a moment and check in with how you are feeling.

# 6

**Write down or verbally express three specific things you are grateful for.**

A daily gratitude practice can help reduce your stress levels and help you see the world through a different lens.

# 8

**Get your heart rate up with 100 jumping jacks.** If jumping jacks aren't possible, google seated jumping jacks. It's such a quick and easy way to boost your energy if you're feeling sluggish in the middle of the day or if you just want an injection of energy in the morning.

# 10

**Create a feel-good morning playlist in advance and press play when you're getting ready.**

A simple yet effective way to boost your mood or pump yourself up in the morning.

# 7

**Take 10 deep breaths when you wake up.** Inhale slowly through your nose to the count of 4 and exhale slowly through your nose to the count of 6. And repeat. This is a good one to do when you wake up feeling stressed. It's a simple exercise to calm your mind.

# 9

**Do a few intuitive stretches to release the tension in your body.** Think about the stretches you would do before a workout and incorporate them into your morning or evening routine.

# 11

**Recall the highlight of your day.** This feel-good ritual encourages you to focus on what went well which can often get buried underneath the things that didn't go so well.

# 12

**Lie down with your legs up against the wall.** Lie down with your legs up against the wall. Extend your legs up at a 90 degree angle or as close to it as possible, and open your arms out to the side and relax. This is such a simple yet restorative pose to reverse the effects of sitting or standing all day. It's a chance for your body to fully surrender and rest.

# 13

**Write a list.** It can help relax your mind because the act of writing down the things you need to do means you don't need to rely on your memory.

# 14

**Take a personal development book from your bookshelf and turn to a random page.** It's a fun way to get a quick dose of wisdom when you're feeling unmotivated or sluggish.

# 15

**Start the day with morning pages.** Morning pages is a stream of consciousness journalling technique where you write three pages of every single thing that comes to your mind. They don't need to be complete sentences. It's a great way to clear your mind, especially when you wake up feeling foggy and you've got yesterday's thoughts still swimming around.

# 16

**Take a cold shower or end your shower on cold.** Cold showers build willpower and resilience. It trains your nervous system to be more resilient to stress. Turn the shower on cold for 30 seconds and tell yourself that if you can do this for 30 seconds, you can do anything else the day throws at you.

# 17

**Watch the clouds.**

What shapes do you see? This is such a simple yet calming mindfulness exercise.

# 18

**Sing your favourite song.**

When you sing, your body releases endorphins which can help lower your stress levels and boost your mood and energy. This is perfect for the shower or the car!

# 19

**Feel the morning sun on your skin.** The morning sun will help increase the production of serotonin which regulates your mood, appetite, memory and sleep.

# 20

**Use microwave minutes and kettle boiling minutes to take a deep breath.** Let the kettle and the microwave be your cue to take a deep cleansing breath.

Want a weekly dose

of self-care inspiration?



Listen to [The Saint Belford Podcast](#) for practical, easy-to-implement tips that will boost your self-care confidence.

Learn how to integrate self-care into your day-to-day life and build healthy habits that make you feel alive and whole.

Connect with us here



@saintbelford



facebook



hello@saintbelford.com.au





Copyright © 2022, Saint Belford