

SELF CARE GUIDE



Body - Mind - Spirit - Emotions - Nature
by Kate Borradaile

www.kateborradaile.com.au

What is Self Care?

Welcome! Self care is self-love in action. In other words, it is the act of LOVINGLY taking care of yourself, not just rushing through a to-do list of essentials for living to keep yourself alive.

Self care can be seen as the gift or gifts we give to ourselves, to express gratitude for all we are and to fill up our tank. It's the difference between eating for fuel to carry on through your day, or eating for pleasure, because you love to feed yourself nourishing food and share it with friends or in the sun with nature. There is a distinct difference between these similar actions, and that is intention.

What you intend can turn mundane into meaningful!

I get that you're human too and in reality you don't get to have an alfresco lunch every day – sometimes a bite to eat and a quick pee break is the best you can manage!! This is OK and part of the highs and lows of our human experience.

I'm a realist, and I know that self care is a very subjective act, it is as unique as you are, and my hope is that this guide will inspire you and help you enact your self care routine.

For me, self care looks like: • *Going to be early* • *Making sure I get my bare feet on grass regularly* • *Cuddles with my cat on the couch – he helps me find stillness!* • *Eating well most of the time but not so that I feel deprived of the things I love (giving up caffeine or reducing my sugar intake every now and again)* • *Seeking holistic counselling support when life gets overwhelming, in other words, it's asking for help* • *Moving my body in ways I enjoy – I hate the gym but I love swimming* • *Finding creative ways to express myself (Photography, eco-printing, writing)* • *Connecting to nature* • *Taking some things off my to-do list that can wait* • *Getting a massage regularly* • *Saying no. I'm getting better at this..*

..You will too.. take some action today towards loving you :)

Kate

x



My top 10 FAVOURITES

1. Do something you LOVE
2. UNPLUG from technology
3. Experience feel-good sensations like massage or have a stretch - it's free :)
4. Sit in SILENCE.. listen
5. BREATHE
6. Set up a good SLEEP routine
7. Have time in your day to DAYDREAM
8. SIMPLIFY or de-clutter something
9. Be GENTLE and COMPASSIONATE towards yourself - how would you treat/advise someone else in your situation?
10. Spend more time in NATURE - feet on the grass, sun on your skin, clean air in your lungs..



LOVE YOUR BODY

1. Eat nutritious food most of the time but give yourself a treat sometimes and enjoy it!
2. Try new foods to excite your tastebuds.
3. Eat meals without distraction.
4. Move your body in a way that suits you today.
5. Massage your feet or hands.
6. Go to bed early or set up a good sleep routine.
7. Wear clothes that make you feel great.
8. Have a bath with essential oils and bubbles.
9. Practice body awareness - listen to those niggles, be kind to yourself.
10. Thank your body for ten things it did for you today.



FEED YOUR MIND

1. Turn off the TV
2. Do a 'mind food' check - what are you putting in? Toss out the what doesn't light you up
3. Begin a meditation practice, try 5 minutes a day.
4. Spend time alone and in silence, daily.
5. Practice mindfulness.
6. Keep your mind sharp - learn new things.
7. Recognise and release negative thoughts.
8. Turn your self-talk into a loving presence not a scolding tyrant.
9. Focus on what you want and set goals.
10. Look at a beautiful picture or view.



CARE FOR YOUR SOUL

1. Do something that gives you a sense of purpose.
2. Make space for solitude and quiet.
3. Find a sacred place in nature that makes you feel incredibly alive. Spend time there.
4. Read inspiring books.
5. Practice self-acceptance and love.
6. Listen to your inner voice, give it air time.
7. Practice random acts of kindness.
8. Daydream and star gaze - appreciate the wonder in the world.
9. Find or create moments of peace.
10. Get creative - cook, draw, dance, paint, write, colour in, weave..



SUPPORT YOUR FEELINGS

1. Start to recognise and name your emotions. Befriend them!
2. Find ways to release emotions - talk to a friend, allow tears, scream into a pillow..
3. Start to notice the connection between feelings and physical sensations.
4. Write down your feelings in a journal.
5. Notice and nurture emotional triggers.
6. When you have released emotions, fill up with soul food.
7. Watch sad/happy/moving movies.
8. Allow vulnerability.
9. Practice forgiveness, especially towards yourself.
10. Do what you loved doing as a child. I used to love drawing rainbows :)



CONNECT TO NATURE

1. Put your bare feet on the ground daily.
2. Build a nature altar with leaves, seed pods, rocks, shells, twigs, flowers..
3. Listen to the birds, close your eyes.
4. Watch a sunrise or sunset.
5. Get your hands dirty.
6. Watch nature documentaries.
7. Plant an edible garden or a tree.
8. Find out where your food comes from, source organic, local + seasonal food.
9. Sit under a tree, stand on a mountain, put your feet in the ocean. Feel their unique differences.
10. Write down 5 things you love about each season.





My Self Care List

Body

Mind

Spirit

Emotions

Nature