

Self-care rituals


Taking care of yourself seems so simple, and yet it's so often something we never find the time for.

Carving out a moment in your day purely for yourself, is a small, but wonderful way of showing yourself love. If you're not feeling your best, you can't expect to be able to show up as your best self for you or for others. And you deserve to always feel your best!

By showing yourself a small act of kindness, and repeating this action over and over, you're telling yourself 'I love you'. With time, you'll begin to create new beliefs about yourself that will change the way you feel and even see the world around you. Imagine seeing the beauty in the world and in yourself.. start small and work your way up.

Here are a few of my favourite ways to give myself a 'me moment'..

- ♡ **Speak kindly to yourself**
Look in the mirror and tell yourself something that you genuinely love or admire about yourself. This might be hard at first, but I promise.. in time you'll come to believe it
- ♡ **Apply a face mask**
Looking after my skin is something I am so passionate about! Try coupling this one with another 'me moment'
- ♡ **Move to feel good**
Pilates, a walk in the sunshine, what feels good to you today?
- ♡ **Cook a nutritious meal**
Branch out and cook that recipe you've been dying to try! Give your body the nutrients it needs and enjoy the experience of cooking
- ♡ **Spend time with people who make you feel good**
Keep the ones who make you feel loved and worthy close. They're the special ones

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- ♡ **Get the amount of sleep your body needs**
If I don't get at least 8 hours, then I feel sleep drunk. Try winding down a little earlier tonight
 - ♡ **Enjoy a candlelit bath**
No bath? Take a moment to appreciate the warmth of the shower.. don't forget the candle
 - ♡ **Know when to say no**
This can be tricky, but it's so important to honour what you have going on in your life right now. Ask yourself, 'is this genuinely something I would enjoy right now, or would I feel more anxious by adding it to my plate?' It doesn't have to be a no forever.. just perhaps a no for right now
 - ♡ **Say yes to things that light you up**
Just as important as saying no, is allowing yourself to say yes to the things that give you life and energise you
 - ♡ **Spend time with animals**
Spending time around animals can lower your stress and anxiety! Now go hug your furry friend!
 - ♡ **Journal**
Aka.. writing down your thoughts. This one has helped me relieve stress, get my thoughts down on paper and off my shoulders, come to realisations I wasn't able to before, and even realise creative ideas that had otherwise been blocked

Just like nature, we go through seasons. We all have our Summer moments when we feel energised and ready to tackle the day and then other times when we feel so low that we find it hard to decide what to do next. In these moments, it's more than ok to honour what your body needs. Rest when you're in your Winter and know that when your Spring comes you'll feel energised with new ideas!

Fill your cup first, so you can be the best you for yourself and for those around you. Xx