

# SIMPLE STEPS TO SELF-CARE

Make your wellness a priority



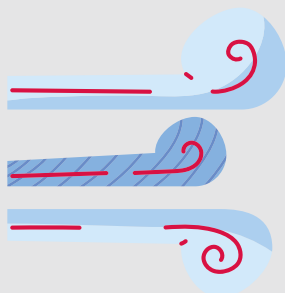
## 1 PURPOSE

Clarify your purpose. Why do you do what you do? Making a contribution and serving something greater than the self is truly healthy. Remembering your purpose each day can lift your energy and help you focus.



## 2 USE YOUR STRENGTHS

What are your strengths? When are you at your best? Energised and in flow? Think of an example of when you were successful and delivered results. What happened? What part did you play? What strengths did you use? Make a list of your strengths and practice one each day.



## 3 BREATHE

Stop and take 4-5 breaths, counting to 6 as you breathe in, and to 6 as you breathe out. This is a way to reset and be present. If we are present, we can make better choices, being aware of the consequences (pluses and minuses). We can also create a sense of calm.



## 4 MOTION IS LOTION

We need movement through the day to nourish our bodies, especially if you are sitting for long periods. Set a reminder if necessary and move every 20-30 minutes. Create a new habit of moving and exercising to build wellness.



## 5 SLEEP

Sleep is probably the most important habit. We need 7-8 hours and at the right time. Try to build a restful routine that you follow each night



## 6 CREATING NEW HABITS

1. How often will you definitely practice? This is your target. You will feel positive from achieving your target. You can do more of course and feel superhuman!
2. Acknowledge your success each time.
3. Stack this onto an existing habit.