

A watercolor splash background with colors ranging from teal and green on the left to orange and yellow on the right, with some pink and purple accents. The splash is centered on the page.

**The No-Time, No-Excuses**

*Self-care*

**Guide**

**Self-care** is the ultimate act of **self-love** and **self-respect**.

You know this. And you want to take better care of yourself but it seems like you never have enough time.

And when you do get a few minutes, do even know what to do with that time?

I want to give you a **go-to list of ideas** that you can grab so you have no excuses.

That's what this is: whether you have 1 minute, 10 minutes, 30 minutes, an hour, an afternoon or a whole day, I got you covered.

Pull from this list or use it as inspiration to create your own toolkit!



***If you have 1 minute...***

- Breathe deeply. Consciously. Inhale to a count of 4, hold a few seconds and exhale to a count of 4. Scientifically proven to decrease your stress. Works Every. Single. Time!
- Sit back, close your eyes and visualize a happy memory. Could be a vacation, time with your kids, or something you are looking forward to.
- Refill that water glass! Nothing works well when you don't have enough water in your body.

***If you have 10 minutes...***

- Do a guided meditation. You can find many online but also Calm.com is a great app with lots of choice.
- Dance it out! Cue up your favourite song and shake it out - fantastic for your mind, body and soul. As a write this, I literally just got done doing this!
- Grab a funny YouTube video and laugh! Lots of studies done on the stress-relief of laughing. Create a laugh track playlist when you're done so you have it at your fingertips for next time.

### ***If you have 30 minutes...***

- Take a healing sea salt bath. Bubbles optional but strongly suggested!
- Go for a walk around the neighbourhood. Moves stuck energy out of your body, clears your head, relieves stress and increases your energy levels.
- I am a HUGE napper. As a kid I thought this was punishment but now it feels like the ultimate in decadence and luxury - perspective is an amazing thing. Try it - you won't go back!

### ***If you have an afternoon...***

- Shut off all your devices. Life-changing, seriously. I've done it for entire weekends before and it feels so good for the mind, body and soul.
- Get outside! Whether it is sitting on your deck listening to music, playing in your garden or with the kids, play is necessary. Get out there and be a kid again!

### ***If you have 1 hour...***

- Curl up with that book you've been wanting to read.
- Make immunity-boosting garlic broth. This is my "medicine" and I swear by it! I always have some in the freezer. \*recipe on next page.
- Socialize with your friends. Even if it's just a video chat, it'll fill your soul to spend time chatting with your closest friends.

### ***If you have a whole day...***

- Make a healing bone broth for you and your family. It takes a long time to make but it is so worth it. So comforting and great health benefits. I use this instead of tea to warm me up in winter. Just google to find your favourite recipe - there are tons out there!
- Repaint a room in your home that is bringing you down - even if it is just one wall. Revamping your space can have the same effect as a new hairstyle and has immediate effects on your mood!

- Do something creative. Pick an activity and run with it. Creative energy is pure life force energy and the more you exercise this, the more effective you are in every other area of your life.
- Do nothing! There is no law that says we have to fill all of the minutes of our days. In fact, doing nothing regularly is necessary. If we are constantly filling our lives with noise, there is no space for the new to come in.

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### **Garlic Broth recipe:**

2 heads of garlic, halved across the equator, that you have roasted  
1 large onion halved  
4 cups of chicken broth  
1 bayleaf  
A really big handful of fresh sage  
Salt and pepper

Play with the quantities to adjust to your own tastes.

Throw it all in a pot, bring it to a boil, reduce to simmer until it is reduced by half - that's it! Strain and store in the fridge for up to a week or freeze it. Sip it like tea or add it as a base to a meal.

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If you don't respect and love yourself, your time and your energy enough to take care of all of the parts of you, nobody else will. We really do teach people how to treat us.

Find yourself struggling? Maybe I can help. Check out the [ways you can work with me](#) or shoot me an [email](#) to inquire about how I can help you!