



SLOWER PACE EMBRACE



SELF-CARE STARTER KIT

*A simple starting guide to
enhance your self-care practice*




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HI, I'M **CHARNAE!**

I am a self-care strategist, certified breathwork facilitator and inspirational speaker on a mission to support busy professional women in moving at a slower pace through caring for their holistic well-being and rediscovering what brings them joy.

As women, we often find ourselves working tirelessly and being stretched in multiple directions to show up for others while putting our own needs at the bottom of our to-do list.

Not anymore.

I started Slower Pace Embrace to disrupt the cycle of neglecting our well-being and moving at a pace that doesn't honor our humanity. Through my speaking and services, women are equipped with practices and tools to create space in their lives to slow down. They are supported in cultivating a self-care practice that is tailored to their own unique needs and healing.

The purpose behind this Self-Care Starter Kit is to support you in either establishing or enhancing a simple self-care practice. In this guide, I break down the various layers of self-care, share practices you can incorporate into your daily routine and important questions to reflect on. There are also a few tips on how you can better prioritize your self-care in the midst of a busy schedule.

If you've recently begun your self-care journey or you're looking to go deeper, this is an invitation to start thinking about what self-care looks like for you in this season of your life. Accept this Self-Care Starter Kit as an invitation to go inwards. The deeper you go, the clearer your needs and desires become. However, it is up to you to take the action to honor what your body, mind and soul needs most to thrive.

Let's get started!

MOVING AT A SLOWER PACE

Often, we can find ourselves *rushing*.

Rushing from place to place or through our list of tasks in need of getting done. We move so fast that we can easily neglect taking care of ourselves in the process. When we can't fully show up for ourselves, it makes it even more challenging to show up for others.

It is essential that we make space and set aside the time to move at a slower pace in our daily lives. This is not to be confused with moving in slow motion or ignoring our to-do list and responsibilities altogether.

Instead, moving at a slower pace represents a commitment to *moving with more intention, prioritizing our holistic well-being* and *extending ourselves more grace*.



I truly believe when women are able to move at a slower pace...

- We are able to show up fully for ourselves without putting our own needs and desires at the bottom of our to do list.
- We are able to come home to ourselves instead of feeling lost and disconnected.
- We are able to enhance our self-awareness and play an active role in our healing journey.
- We are able to live more purposeful and fulfilling lives opposed to living on autopilot.

Slowing down requires us to get serious about our self-care.

UNDERSTANDING SELF-CARE

Self-Care is the personal practice of caring for the different layers that make up our well-being. Our layers include but are not limited to our mental well-being, emotional well-being, physical well-being, spiritual well-being, social well-being, environmental well-being and financial well-being. As popular of a term “self-care” has become, it is still not quite fully understood.

SELF-CARE IS...

Tending to your holistic well-being and recognizing how your layers are interconnected.

Pouring into yourself so that you can pour from your overflow instead of an empty cup.

Tailored to your own unique needs and interests.

SELF-CARE IS NOT...

One-dimensional.

Optional.

One-size-fits-all.

Though society can often portray self-care as something associated with luxurious living or achievable only through purchasing a selection of high-priced products, this is not what true self-care is about. True self-care is a personal practice that is rooted in caring for your well-being, not in extracting hard-earned dollars out of your wallet to satisfy a picture perfect image or lifestyle curated for likes on social media.

I've learned that self-care can be the game-changer between living an unfulfilling life where you are doing just enough to get by compared to living an abundant life where you are able to fully show up for yourself day in and day out. Showing up as your best doesn't only benefit you, but it positively impacts those around you—from your family and friends to your colleague and neighbors.




THE BENEFITS OF SELF-CARE




Combats stress
and burnout



Reduces
anxiety and
depression



Increases your
energy and
happiness



Allows you to
nurture your
needs and
understand
yourself better



Improves your
relationships
with others



7 LAYERS OF OUR WELL-BEING

Self-care can easily be viewed as an one-off activity such as getting a massage or mani-pedi. While those activities are common ways to practice self-care, there is no single activity that fully encompasses what self-care is all about.

As human beings with our own set of unique needs, it is important to tend to the layers of our well-being by taking a holistic approach to our self-care. Below are the seven areas I will focus on in this starter kit:

MENTAL WELLNESS

- Caring for our mental well-being includes practices that stimulate our mind and enhance having a healthy inner dialogue.

EMOTIONAL WELLNESS

- Caring for our emotional well-being includes practices that helps us acknowledge, process and express our feelings in a healthy way.

PHYSICAL WELLNESS

- Caring for our physical well-being includes practices that improve our physical health and leaves us feeling energized or well-rested.

SOCIAL WELLNESS

- Caring for our social well-being includes practices that nurtures and deepens our relationships with others.

SPIRITUAL WELLNESS

- Caring for our spiritual well-being includes practices that allows us to connect deeper to God or a higher power greater than oneself, nature or the world around us.

ENVIRONMENTAL WELLNESS

- Caring for our environmental well-being includes practices that brings a sense of safety, comfort and connection to our physical surroundings.

FINANCIAL WELLNESS

- Caring for our financial well-being includes practices that supports us in meeting current and future financial obligations.

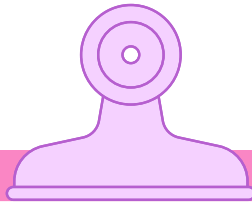
SELF-CARE CHECKLIST

Take a look at the checklists across the next pages and put a check mark by the activities in each layer that you would be interested in incorporating into your self-care practice.

If you'd prefer to jot down the practices that stick out to you in your journal, go for it.



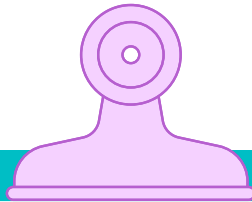
SELF-CARE CHECKLIST



MENTAL WELLNESS

- ☐ Reading
- ☐ Meditation
- ☐ Putting together a puzzle
- ☐ Journaling
- ☐ Listening to a podcast
- ☐ Planning out your week

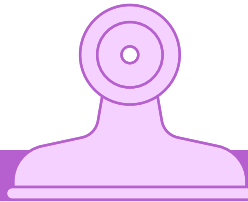
SELF-CARE CHECKLIST



EMOTIONAL WELLNESS

- ☐ Painting
- ☐ Journaling
- ☐ Listening to music
- ☐ Practicing self-compassion
- ☐ Getting creative with art
- ☐ Creating affirmations

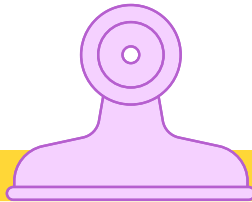
SELF-CARE CHECKLIST



PHYSICAL WELLNESS

- ☐ Resting
- ☐ Healthy Eating
- ☐ Walking
- ☐ Pampering yourself
- ☐ Meal Prepping
- ☐ Scheduling annual exams

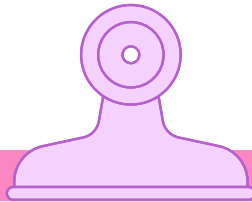
SELF-CARE CHECKLIST



SOCIAL WELLNESS

- ☐ Being in community with others
- ☐ Social media detox
- ☐ Setting boundaries
- ☐ Joining an in-person or virtual community
- ☐ Attending social events
- ☐ Quality time with family and friends

SELF-CARE CHECKLIST



SPIRITUAL WELLNESS

☐

Prayer

☐

Spending time in
nature

☐

Yoga

☐

Spending quiet time
alone

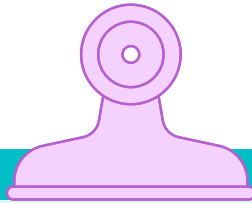
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Meditation

☐

Visiting Houses of
Worship

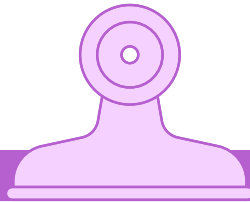
SELF-CARE CHECKLIST



ENVIRONMENTAL WELLNESS

- ☐ Enhancing your personal living spaces
- ☐ Burning a candle
- ☐ Decluttering
- ☐ Spending time outdoors
- ☐ Recycling
- ☐ Donating items you no longer need

SELF-CARE CHECKLIST



FINANCIAL WELLNESS

- ☐ Budgeting
- ☐ Having an emergency fund
- ☐ Investing in yourself
- ☐ Taking advantage of sales and coupons
- ☐ Tracking your spending habits
- ☐ Saving

ESTABLISHING A SIMPLE SELF-CARE PRACTICE

Take a look at the prompts below. Let your answers guide you in creating a holistic self-care practice that you can use to tend to the layers of your well-being.

- 1 On a scale of 1-10 (1-low, 10-high) how would you rate yourself when it comes to caring for your well-being in each of the layers mentioned below?

☐

MENTAL WELLNESS

☐

SOCIAL WELLNESS

☐

EMOTIONAL WELLNESS

☐

SPIRITUAL WELLNESS

☐

PHYSICAL WELLNESS

☐

FINANCIAL WELLNESS

☐

ENVIRONMENTAL WELLNESS

- 2 What are some of the struggles that tend to get in your way when it comes to taking care of yourself?

- 3 Based off the previous checklists, what are some of the activities you enjoy doing that you would like to do more of?

ESTABLISHING A SIMPLE SELF-CARE PRACTICE

- 4 What other activities would you be interested in exploring to help you tend to the different layers of your well-being?

- 5 Name one specific self-care practice for each of the seven layers below that you would like to implement within the next few months:

MENTAL WELLNESS:

SOCIAL WELLNESS:

EMOTIONAL WELLNESS

SPIRITUAL WELLNESS

PHYSICAL WELLNESS

ENVIRONMENTAL WELLNESS

FINANCIAL WELLNESS

- 6 How will you hold yourself accountable or who can you lean on for support and accountability?

4 TIPS TO INTENTIONALLY PRIORITIZE SELF-CARE DAILY

Well done! Now that you've identified a group of self-care practices, you have to decide how you will integrate them into your lifestyle and prioritize them so they don't get overlooked. Use the tips below as invitations to reflect on when thinking of how you can create space to tend more to your well-being.

SCHEDULE YOUR SELF-CARE

If you find yourself constantly juggling multiple projects or rushing as a result of a jam-packed schedule, it may be helpful for you to schedule time for your self-care in advance. This can be as simple as scheduling small 5 or 10-minute time blocks throughout the day for you to slow down and meditate or take a mental break.

Add some practices such as reciting affirmations aloud or journaling to your morning routine or wherever feels appropriate. Make the conscious effort to check-in with yourself by proactively putting yourself on your calendar, so you have dedicated time for yourself.

1

PUT YOUR PHONE ON "DO NOT DISTURB."

When you make the time to care for yourself, truly honor your time by blocking all distractions.

It's not enough to schedule the time on your calendar. You must also protect it. By protecting your time, you protect your energy. Silence your phone and communicate with those around you that you will be temporarily unavailable during a specific period of time.

This boundary allows others to respectfully know that you don't want to be bothered. Advocate for yourself and give yourself the space needed to step away, so you can tend to your needs. You deserve to have uninterrupted moments to yourself.

2

4 TIPS TO INTENTIONALLY PRIORITIZE SELF-CARE DAILY

PAUSE AND ASK YOURSELF: "WHAT DO I NEED TO THRIVE IN THIS CURRENT SEASON I'M IN?"

If you have an existing self-care practice or established a new one that is no longer working for you, then consider updating it.

Just as the seasons change, so does our needs and interests. As human beings, we are constantly evolving and our self-care practice must reflect this.

Ask yourself "What do I need to thrive in this current season I'm in?" as often as you need and make the necessary changes so you are able to create a practice that will sustain you in the different chapters of your life. Give yourself permission to switch things up as often as needed.

3

DON'T WAIT FOR THE "PERFECT DAY" TO PRACTICE SELF-CARE

It's easy to put off caring for yourself when work picks up or life is steady "lifying" to the point where you feel like you don't have any time for trivial things. Well, hear me loud and clear: ***Self-Care is not trivial!*** So, don't treat it in such a way.

It's in those busy moments that you must create the necessary room to slow down and prioritize your wellness. Why? Because these are the moments you need it most! Don't wait for the ideal moment to take some time for yourself when everything is calm and going smoothly. Instead of waiting for the time to calm down, create your moment of calm right now through taking a deep breath. Drop the excuses and find the time on your calendar to be intentional with your self-care.

4

AFFIRM YOURSELF

Recite the affirmations below as often as you need to ground yourself in the truth of knowing you are worthy of being cared for. I invite you to fill in the blanks below to create your own affirmations as well.

I am worthy of being cared for.

I affirm that taking the time to care for myself is just as productive as working on my goals.

I give myself permission to slow down and rest without feeling guilty.

I give myself permission to

I am



Ready to dive deeper?

SELF-CARE COACHING

If you've found this Self-Care Starter Kit helpful and could benefit from personalized support on your self-care journey, I invite you to consider reaching out to me.

I work with busy professional women to address the challenges they are facing on their self-care journeys and identifying the gaps that are standing in their way of them living their most joyful, intentional and fulfilling lives!

As a Self-Care Strategist, I coach women in creating self-care strategies they can adopt to care for their holistic well-being using my signature S.L.O.W.E.R. Pace Embrace Process. Check out the framework below.

THE S.L.O.W.E.R. PACE EMBRACE PROCESS

SELF-DISCOVERY STAGE

SOLVE THE MYSTERY OF YOU

LEARN TO EMBRACE ALL OF YOU

SELF-LOVE STAGE

OUTGROW THE OUTDATED VERSION OF YOU

WALK AWAY FROM WHAT NO LONGER SERVES YOU

SELF-CARE STAGE

ESTABLISH A YOU-CENTERED SELF-CARE SYSTEM

REKINDLE THE FLAMES OF YOUR BIRTHRIGHT



INTERESTED IN
LEARNING MORE?

[LET'S CONNECT](#)



THANK YOU!

Thank you for downloading my Self-Care Starter Kit. I hope you were able to find something of value in this guide. Remember that you are worthy of living a full life where you can live, love and give from your overflow instead of an empty cup! Let the takeaways from this kit guide you forward and be sure to journey at a pace of grace!

If you have any questions or reflections from this material, please reach out to me by connecting with me below at:

 [Slower Pace Embrace](#)

 [Slower Pace Embrace](#)

 [Slower Pace Embrace](#)

You can also check out my website, SlowerPaceEmbrace.com, for more content designed for busy professional women looking to slow down!

Take care and remember to take it slow,

Charnae