



HEATHER ANDERSON PHOTOGRAPHY

5 Tips for Self Care During A Trying Time

WELCOME

THANK YOU SO MUCH FOR DOWNLOADING THIS FREE SELF CARE
GUIDE! IF YOU HAVE ANY QUESTIONS AS YOU GO THROUGH THE
CONTENT, PLEASE DON'T HESITATE TO REACH OUT
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Self Care is a buzzword that seems to be everywhere! It sounds lovely, but it can also be hard to implement, especially when you're a mom and running a business!! However, when you understand the importance of self care and how to implement it, self care can lead to a life of less stress and more joy! This 5 day challenge will help you start on the path to work life balance. Are you ready to get back to feeling inspired again?

Day 1

Investing in ME time without feeling Guilty

The way that you take care of yourself will change how you show up in your life and how you feel about your relationships. Today I want you to take 15 minutes at 3 different times during your day and do something for you.

Here are a few ideas to get you started:

Wake up 15 minutes earlier and just sit with your cup of tea or coffee and practice deep breathing or read some motivational quotes.

Take a quick 15 minute walk after lunch, at sunrise or at sunset

Take 15 minute power nap (set an alarm)

Meditate for 15 minutes

Take time to make yourself a healthy meal and sit down with no other distractions and eat Read a book

Get outside for 15 minutes and notice the beauty (turn off your phone and don't have an agenda other than to be outside) Whether you decide you want to go for a long walk, practice breathing or meditating, or enjoy a good book, taking self-care time is imperative.

Look for small ways you can incorporate it into everyday life. The more you can work self-care time into your schedule, the better you'll be able to grow, enjoy your life, and thrive.

Day 2

Sleep

One thing you can do everyday to help you go from feeling burned out to inspired is to be well rested. Sleep is one of the most important parts of a healthy life. It impacts how we feel mentally, our metabolism, our health and our immune system. Most Moms are not getting enough sleep and if you own your own business I would bet you stay up late and get up early to get it all done! You are bringing the candle at both ends and it is leading to burnout. Today we are going to practice a few things to get a good night's sleep: Try to wake up at a similar time each day and expose yourself to natural light when you wake up. Doing this will strengthen the bodies clock and helps to suppress melatonin and boost alertness. Avoid caffeine 8 hours before bed

Create a peaceful bedroom environment (cool, quiet, dark, clutter free and comfy bed) Use a mindfulness app (I like the app CALM) or listen to relaxing music before bed to relax

Keep your phone in another room or at least put it in "do not disturb mode" out of arm's length. Keep Journal near your bedside, this way if you have new creative ideas or maybe even things you think of that you need to do you can jot them down and let go of thinking about them until tomorrow

Maybe try a weighted blanket

Take hot bath with epsom salt, lavender oils, and or CBD to relax before bed

Have a night time routine that will cue your body that it is time for sleep. Maybe a bath, warm drink, taking off your make up and getting cozy.

Day 3

Stretch your body and mind Stretching

Daily stretching can increase flexibility and range of motion, improve posture, increase blood flow, helps to heal and prevent back pain, calms your mind, reduces tension headaches, reduce stress and reduces aches and pains.

The most common form of stretching is Static or Dynamic. Dynamic Stretches are used before exercise to and are active movements to get your body ready for exercise. Static Stretches involve holding a stretch for a period of time (usually 10-30 seconds) usually after exercise or used when you wake up before bed or anytime during the day when you need a little movement.

You can stretch anytime during the day. Incorporating 5 -10 minutes of stretching in to your daily routine will result in huge benefits for your overall health and wellbeing. Today add 5-10 minutes of stretching into your daily routine. You can do this when you first get out of bed, right before bed or even to take breaks during the day.

If you exercise regular then making sure you stretch before and after your exercise routine is very important. I like the app "stretch clock" to help you remember to take a break and move around which also will help with the challenge for Day 4

Day 4

Movement can be life changing. We spend much of our life driving, behind a computer screen, looking at our phones, and sitting at desk.

A few easy ways to add movement into your day:

Stand while you eat lunch (if you have been sitting at a desk all day) Get a standing desk so you can change position during your workday Walk laps during phone calls Get up from your desk every hour and do something else (fold laundry, walk the dog, do the dishes)

Daily exercise can help with both your physical and mental health. It boosts our mood, reduces stress and anxiety and helps you feel better about yourself. I think taking time everyday to move is one of the best gifts you can give yourself.

A few tips for exercise:

Find something you enjoy doing it doesn't have to be running or going to a gym maybe take an adult dance class, or just turn on your tunes and move to the music, take a walk, play tennis with your friends, try a yoga class or even online video, go to a local rock climbing gym, take a hike, surf, paddle board. Whatever it is find something that you enjoy so you do not get burned out.

Variety is key! Switch it up to keep your body and mind engaged and challenged. I do a variety of exercises from yoga, lifting, HITT, hiking, rock climbing, running, spin really anything that challenges me.

Do it at the same time everyday and make it part of your routine. Protect this time for yourself it is so important. Do not schedule meetings or appointments at your regular workout time.

Try an app like app, group exercise class or create a goal by signing up for a race.

Day 5

Nutrition

What you use to fuel your body has a significant impact on your well being, health and feeling of vitality. The types of foods you eat can have a huge impact on how you feel.

Whether you are already healthy eater that just needs to make a few small tweaks or an unhealthy eater that needs to make big changes to your daily diet making small changes over time will make the biggest impact and lead to long term results. Drinking plenty of water can help brain function and energy levels, decrease headaches, and reduce endurance.

A few things to get you started:

Drink lots of water everyday! You should be drinking about 1/2 gallon each day which is about 8 glasses. It is better to sip throughout the day, because by the time your body tells you that our thirsty you are already dehydrated.

There are some apps out there that will remind you to drink or can help you track your water intake if that helps.

I like to keep a large refillable water bottle with me at all times and sip all day long. I like adding lemon to my water to give it a little flavor and lemon water has health benefits as well.

Nutrition Tips:

- Eat lots of fruit and veggies
- Eat fish 2x a week
- Cut down on processed foods (especially those that are high in sugar)
- Eat less salt
- No sugary drinks
- Stock your house with easy healthy snacks (like almonds)
- Shop the outside ring of the grocery store (the fresh food)
- Eat smaller portions (try serving your food on smaller plates)
- Count nutrients not calories
- Add probiotic food to your diet