



## You Deserve Your Love (adapted for a life in lockdown)

1. **Plan or just Do-** Know your actions to do something for yourself can ripple through out your day and through your family and friends.
2. **Be positive-** write 3 words that affirm who you are. 'I am caring, strong and passionate', you can decorate the words if you feel creative, write them on post its, leave them in hidden places that you might find them at a later date. Or just repeat them in your mind.
3. **Get air-** if you are unable or not allowed to go out for a walk, if you are lucky to have a garden do that or go to a balcony or window. Smell the air, the trees, the flowers. Feel the rain or wind. Notice the bird song, the stillness and quiet. Appreciate nature around us, the animals, bugs and birds. If you can your feet in the earth or the grass and feel connected.
4. **Get moving-** dance, yoga, move your body in your own way for at least 30 mins, if you are low of energy, focus on your breath in a gentle yoga sequence or slow gentle movements of tai chi or qi gong Important that you do not feel depleted, match your activity levels where you are.
5. **What am I good at?** - what are you naturally good at, what lights your heart, use these skills in your work or activities today and see how it feels. Don't feel you have to start new projects or learn new things
6. **Eat well and mindfully-** nourish your body, boost your immunity, be mindful of what we consume. If your body could speak instead of your mind and ego, it wouldn't really crave cake but, healthy delicious colourful food. Find a new recipe and make a nice lunch or dinner, share with family or alone, take time to enjoy without technology or distraction, eat mindfully. Don't chew and digest your thought only food!
7. **Play music-** everyone has a favourite, whether it is pop, rock or classical, listen quietly, or jump and dance around, whatever rocks your soul. If you have children (or not), do a dance party.
8. **Feel proud-** what have you achieved today? think about, write or tell someone your accomplishments, personal challenges, share over dinner or phone conversations what you managed to get done, no matter how small

9. **Try something new**- our comfort zone is quite cosy, but can be fun to try something new. Look for a new opportunity. But without adding extra pressure to yourself, it may just be a new recipe or a different genre of book.
10. **Play**- Be silly, play along with kids, let them lead, or just allow your inner child to emerge, we need fun in all the heaviness.
11. **Reflect**- what have you learnt this year so far? Or maybe what has this time in social distancing or lockdown taught you. What have you achieved, proud of, or what are those sweet moments?
12. **Go to bed early**- try catch an early night or get a lie in, sleep is the most important factor in healing the body and boosting immunity, vitality and balancing hormones.
13. **Identify your stress**- sit down and write down all worries. Is it coming from fear, unknown, or maybe lack of control? Name them.
14. **Be kind to yourself**- today no self-criticism, inner critic can take a holiday. Practice self-love and compassion, treat yourself like a best friend. Don't forget to tell yourself- thank you.
15. **Be creative**- everyone has something they love, from cooking, painting, knitting, tattooing?! Doodle, draw, write poetry, sing, play music... you know what you need to do.
16. **Listen to your body**- practice cycle or season awareness, for women, where are you in your menstrual cycle, pregnancy, menopause? What is the moon doing today, how does it make you feel? What are your energy levels, your thoughts and feelings today? Practice mindful meditation to help you feel more present and connected to the body and mind you have today. 'how do I feel today'
17. **Say no**- (or not today thank you) Remind yourself to set healthy boundaries. Listen to your heart- is saying yes to something giving you a heavy heart, or know it will leave you feeling more exhausted or under pressure. Be honest to yourself and skip something you really don't want to take on.
18. **Dig in the dirt**- get gardening, plant something, grow some veg, flowers or just get weeding. Very therapeutic, grounding and perfect meditation. Don't have a garden then get some house plants, grow some veggies on the window sill or balcony.
19. **Nurture your body**- boost your energy and nutrients with a green smoothie or healthy veggie packed salad. As you eat, taste the goodness, and listen to your body saying thank you.
20. **Write a letter to yourself**- use your journal to write a letter, describe things you love about yourself or things you are proud of, what makes you unique and authentic? What makes you happy or your passions, write freely knowing this isn't for anyone but you.
21. **Be thankful**- You could write a list of 10 things you are thankful for or just sit with gratitude. What are you grateful for today? Maybe make a gratitude jar

22. **Reach out-** know when to ask for help, feeling overwhelmed, ask family for support, delegate chores in the house, or simply allow others to take care of us. Work together and know you don't have to do it all.

23. **Visit somewhere you love.. (in your head)-** do you have a favourite spot, a café, an art gallery? Go there, and reflect on what it is about this place that brings you joy. Look at old photos or sit quietly and reminisce.

24. **Pamper yourself-** time just for you and your body, could be a mini home spa. or just a relaxing bath listening to music or a meditation.

25. **Practice forgiveness-** take time to forgive yourself, let go of the past and make a choice to be kind to yourself.

26. **Choose happiness-** random acts of happiness and kindness, say hello to people when you have to get groceries or be nice to work colleagues. sing in the car or shower, do something just for fun, have the cake.

27. **Write in a journal-** doodle, visual journal or just write, don't think or make it perfect, just allow thoughts feelings to release. Use your journal for other self-care ideas mentioned, i.e. list making, letters to yourself or being creative. Encourage any children to do the same, especially at this time away from school.

28. **See or speak to your best friends-** we are all busy and technology has supposedly made us more connected...we are all finding this out to the extreme at the moment. Just pick up the phone.

29. **Seize the day-** say yes, at lot of self-care is saying no to things that over burden us, but don't forget to say yes to interesting things, a new perspective might help, have a picnic lunch, say yes to ice cream for breakfast, do that yoga class that you didn't go to.. because now it is online!

30. **Love your body-** and I mean all of it. That flabby belly, the wonky toes, your curly hair, the C-section scars. Nothing is more liberating than loving the amazing body you live in. Forgive your 'flaws', embrace your freckles and know nothing you change will make you happier than when you accept yourself for what you have today.

