

# EASY STEPS TO INCORPORATE SELF- CARE INTO YOUR DAILY LIFE

*Guides, Tips and  
Action Steps You Can  
Implement Right Now*

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## What Is Self-Care?

Self-care is the act of taking care of yourself. It is what you need to do to feel the best all around, mentally, physically, and emotionally. Each person has their way to give themselves self-care which can be anything from quitting your exhausting job, to getting your hair done, or ensuring you have time to read each evening before bed.

Taking care of yourself should not be overlooked. You can get many benefits from a self-care routine. If you are not taking care of yourself eventually, it can lead to overwhelming stress, lack of confidence, less productivity at work and even cause deteriorating relationships with family and friends.

To understand self-care, you need to understand yourself first. Ask yourself these questions to gain some clarity.

- ✓ What are the things I need to do to feel complete?
- ✓ What activities help me relieve stress?
- ✓ Is there anything I can eliminate from the daily schedule that is preventing me from taking care of myself?
- ✓ Am I happy with my exercise routine and am I eating healthy?

The way you answer these questions determines your self-care needs. Once you have defined your needs, all you need to do now is to add it to your schedule and do them to reap the benefits.

Self-care is extremely beneficial for optimal health. Let's look at a few of the amazing benefits you'll experience over time.

- **Increased Positivity** – Adding these activities to your schedule will give you something to look forward or be excited. Now you will no longer be thinking about how bad your day is and only be looking forward to reading that book in total silence or getting your nails done after work.
- **Increased Self-Confidence** – Your needs are now a top priority, and that is a good thing. Self-confidence will naturally increase because you are simply doing the things that make you feel good.
- **Improved Immunity** – Self-care allows you to give your body a break from stress, anxiety and emotional trauma which increases your immunity. Stress and depression can overload your mind and body which is crucial to reduce as much as possible.

- **Better Relationships** – When your needs are taken care of first, your relationships with others will be better.
- **Higher Productivity** – All the benefits mentioned above can help you increased productivity at work and home, less stress, better immunity, and higher self-confidence.

Remember, self-care is all about you as an individual. So, what you need to do to take care of yourself won't be the same as your spouse, friends, and family. Once you put this routine in place, you will notice a significant change in your health and overall well-being.

# Why Is Self-Care Important?

Self-care is simply doing the things you like to do that helps you feel happy and healthy. There is no limit to what self-care is because it's all about what you like doing for yourself and your personality that makes you a better person, parent, spouse, sibling, and friend.

Do what you know you love and want. It doesn't have to require money or be anything extravagant. Meditate, get up early, read a book, or go for a jog are some simple ideas you can do right away.

Neglecting yourself and putting your needs on the back burner inevitably leads to unhealthy life. Self-care needs to be a part of everyone's schedule and shouldn't be overlooked due to time or because someone believes it is selfish. Self-care is essential to having a healthy, productive, and happy life.

## **Self-care is imperative because it prevents:**

1. **Stress** -- Most everyone lives with stress in their daily lives, but it's important to try to reduce this as much as possible. Plenty of medical research shows that stress can cause many negative side effects such as headaches, low energy, aches and pains, insomnia or others.
2. **Burnout** – Burnout is another form of extreme stress that results in physical and emotional exhaustion, negativity, lack of enjoyment and the feeling of hopelessness. Burnout typically happens when people are overworked or during events that you feel you can't control. Self-care allows you to take a break from these activities that can result in burnout. Even if it's a simple one-minute break where you close your eyes and breathe, it will help reduce this type of stress.
3. **Negativity** – The feeling of not being important and that their needs overpower yours is a horrible feeling. By taking care of yourself, you will experience less bitterness and resentment towards others.

If you find yourself at any point feeling stressed, overwhelmed, or just negative towards people stop what you are doing immediately. You can easily take a few minutes to refocus your mind. Maybe take a few minutes to talk to your friends or family or look at a few pictures that make you happy such as babies or cats or puppies. These actions will allow you to relax and adjust your attitude. You will be amazed at how much more productive you will be if you just put yourself first.

# Simple Self-Care Tips And Ideas

Self-care is a very broad term and can honestly mean anything. Self-care can be described by each person differently. To one person it can be about doing anything that is fun and exciting but to the next person it is about being quiet and fully relaxed at the moment, and even then, someone else might think it's a combination of both. Self-care is an individualized plan of activities that will allow you to have mental clarity, physical health, and emotional balance.

If you haven't been practicing self-care for a while or at all, it can be overwhelming at first to break it down and know where to start.

- **Self-Care First** – Just like health studies have shown exercising first thing in the morning gives the best results the same goes for self-care. Take care of yourself first thing in the morning to start your day positively. When you get things out of the way, you'll feel accomplished and awesome.
- **Schedule Self-Care** – Today people are more productive than ever. But, they are also distracted. The best course of action is to schedule in the things you want to do for self-care. Schedule that haircut or massage. Schedule a short phone call with friends or family during your break at work. Schedule lunch with friends. If you write it down or set a reminder on your phone, you're more likely to do it.
- **Be Attentive** – Be aware of your surroundings as well as yourself. Your environment as well as knowing what you like and dislike plays a major part in self-care. If you are adding things to your routine that you don't like and don't make you happy, look for a way to remove it or make it better.
- **Reward Yourself** – Self-care shouldn't only be about rewarding yourself, but it is a great way to get started. It could help you to get some much-needed work done and help you get the care you need. Maybe you know you need to exercise, but it's not something that you enjoy doing. Start rewarding yourself for doing it so that you get an immediate benefit for anything that will only provide long-term results. For example, did you do your exercise every day for a month? Schedule a facial or massage to reward yourself.
- **Try Meditation** – Meditation is a great way to clear your mind and help you relax. The goal is to focus on breathing and nothing else. Studies show that meditation and prayer help cut down stress and improve memory.
- **Take Alone Time** – Self-care doesn't have to be about going and spending a bunch of money or doing exciting activities. Sometimes people need alone time. Take time away from children and coworkers so that you can rejuvenate and focus on your thoughts.

- **Spend Time with Friends and Family** – Schedule some time with supportive friends and family. Go out to dinner or play board games at their house or do something different than what you normally do when you get together. Make it a date so that you will forward to it.
- **Buy Something** – Maybe buy a new outfit, a pair of shoes or a coffee at Starbucks. Add it to your budget, so you don't go overboard. Splurging now and then if it makes you feel good isn't completely unhealthy.

Self-care can be simple. All you need to do is figure out what is best for you and do it. One thing that might help you decide what to do is to write down the goals that you have for yourself so that you can ensure the things you do will lead you towards meeting those goals.

# How A Little Self-Care Can Improve Your Attitude

A little self-care can go a long way toward improving your attitude. Adjusting your attitude can easily make a bad day turn into a great day. As the popular saying goes “attitudes are contagious.” It's best to do everything you need to do to be positive in life. That way when you are around your friends, family, and coworkers you are not making their day as bad as yours.

There are things that you can add to your daily life to improve your attitude, let's look at a few.

- **Get Enough Sleep** – Set your alarm to go off about half an hour before your regular bedtime. Turn off all electronics, turn down the lights. Fix your central air to make the room cooler about 65 to 68 degrees Fahrenheit. Avoid eating too late. If it helps you to calm down get in the bed with a good book or meditate. Getting a full night sleep is vital to waking up in a good mood. You will feel energetic and much more willing to start your day without resentment.
- **Eat Healthy and Exercise** – Getting adequate exercise is known to release endorphins to the brain. Endorphins are hormones that are responsible for making you feel happy. Pair exercise with a healthy meal to get the best results possible. Not only will your attitude improve but your self-confidence will too.
- **Stay Hydrated** – Dehydration is responsible for headaches, dry skin, fatigue, and dizziness. These symptoms can cause you to negative action if you feel overwhelmed. The standard rule of thumb is to drink either half your body weight in ounces in water or try to drink eight glasses or 64 ounces of water a day. Remembering eating raw veggies and fruit are also hydrating.
- **Take Your Breaks** -- Don't pass on those ten-minute work breaks. Chances are you won't get paid for them anyway, and you are doing yourself a disservice. Use this time to relax and focus on something else that makes you laugh or do stretches on your chair or in the break room, or close your eyes if you can and do a breathing exercise. If you work for yourself, schedule in 10 to 15-minute breaks at least every four hours.
- **Ask for Help** – Asking for help can be challenging for some people but you should never be afraid to ask. Ask your friends and family to help you out now and then to relieve some pressure off everyday tasks. More than likely they will be happy to help. If you are finding it hard to take care of yourself, don't be afraid to ask a professional either. Mental health is the most important.
- **Learn to Say No** – If you are overwhelmed, too busy, or don't want to do something permit yourself to say NO. Taking on too much work or doing things you don't want

to do leads to poor quality work and unhappiness. Don't do that to yourself. If you keep everything scheduled, you can easily look at your calendar and say "No, that date doesn't work for me."

- **Decompress** – Take time out each day and relax. Get away from people or get a massage, some coffee, or a cup of tea. Your time to decompress is important to a good attitude.

Feel free to adjust these ideas to your own needs and remember to make it simple. Some people find great comfort in knowing that they can take care of themselves, get away, and practice self-care without guilt because it's something they have a right to do.

# Create A Self-Care Survival Kit

A self-care survival kit is a personalized box of fun things to use to pamper yourself. When you are feeling sad, stressed, or feel like pampering yourself, pull this box out and enjoy. The survival kit will help you loosen up, relax and feel a sense of self-pride. Making this kit can be just as rewarding as using one. It can be a fun activity to do with friends and family or even just by yourself to unwind.

The first task when creating this kit is finding a box or basket to put your things. Buy colorful markers, glitter, and ribbons to decorate the outside if you want to. You can be super creative or just simple. Decorate until you are happy with the way it looks.

Now it's time to figure out what items to put in the survival kit. Essentially you want to fill it with anything that makes you feel good, brings a smile to your face, or relaxes you.

**A good way to help you get started is by using all five senses as you fill your kit. Let's look at a few ideas.**

- **Sight** – Photos of loved ones, a favorite book or magazine, a list of affirmations, postcards from friends and family, or adult coloring books.
- **Smell** -- Scented soy candles, incense, or essential oils.
- **Hearing** – Favorite music CD, an audiobook, or a list of your favorite videos on YouTube.
- **Touch** -- Anything that you can feel and want to touch. Avoid textures that make you uncomfortable. Face masks, foot scrubs, calming lotions, stress ball or extra paper or a journal to write poems or thoughts. Silly putty and kinetic sand are other great stress relieving toys.
- **Taste** -- Try to avoid high calorie or extremely unhealthy foods. Gum, flavored lip balm, mints, and tea bags are good options.

Add as many items in each category as you like. If there are certain categories, you don't care for feel free to avoid it. Maybe you want complete quiet when doing these activities so you might add in some earplugs instead of music. You want to feel excited when you open this box and make it worth it.

Keep this box somewhere you can see it every day and easily accessible. Don't hide it away. This box is a way to remind yourself that you need time for you. The more you see it, the more you will remember that you are just as important as everything else going on in your day. Eventually, it will become a good healthy routine.

## Putting Self-Care On The Calendar

More times than not everyone has the excuse of not having enough time to do something, especially when it comes to self-care. Everyday life is full of activities including eight or more hours of work, child care, school, church, community activities and more. Plus, you still need to balance your relationships too.

It may seem impossible to take care of yourself while taking care of a full family and keeping up with the house, or while running a business, or working a job, but there is a way to solve this through scheduling and calendaring. Start adding self-care to your calendar and if you are not someone who usually uses a planner or calendar start now. Your health and happiness depend on it. Plus, you'll seriously be shocked at how much more freedom you have when you do schedule everything.

Every day, or at the beginning of each week, sit down and find areas that you can fill in your calendar with some self-care activities. If you can put those things in your calendar first right after your required work schedule, you'll become even more successful at meeting your self-care goals.

Try to schedule these as early in the day as possible. Schedule everything even if it feels silly, including phone calls with your family and friends, a bath, or even a short nap once you have it scheduled stick to it and make it just as important as the rest of your tasks.

You would never overlook something on your calendar if it pertained to work or your family so why do that to yourself?

You are just as important as anything else in your life. Your overall health affects everything that happens in your daily life. Neglecting self-care can cause horrible moods, depression, and even negatively affect your work. In other words, self-care is just as important as work and your family.

Adding these activities to your calendar avoids the repeated and all too familiar excuse of not having enough time or saying, "I'll just do it later." There is no pushing something under the rug when it's on your calendar and the time is blocked out. You already took the time out to make time, so there is no excuse. Your work or family doesn't need more of your time; you need to claim your me time.

Make sure you schedule in enough time for each activity, so you can fully enjoy it. Don't rush these activities or you will quickly turn something that is supposed to release stress, become stressful. If you only have a certain amount of time choose your self-care

interests wisely. If you only have ten minutes to spare then do only something that takes ten minutes and sticks to it.

It may seem hard or a little silly at first, but over time it will become second nature. You will experience so many benefits, that skipping over your self-care will seem insane and unnatural. Self-care is just as, if not more important than your work and family because it determines exactly how each day will develop including many years from now.

# Self-Care Is NOT Selfish

You might have noticed that self-care is considered a negative or selfish thing by much of society. You might even feel a little resistance while trying to take care of yourself more. Our society raises us to work hard and help others before we can help ourselves. Self-care is more of a reward for working hard than something that is vital to your health. Self-care isn't selfish. Self-care benefits you and everyone else around you.

## Your Oxygen First

You might have heard this before, but it's a great example and worth repeating. When you get on a plane, one of the first things they tell you to do is pay attention to the emergency procedures, and one of the procedures is to put your oxygen mask on first, before assisting others in the event of an incident. Not because it's selfish but because it's logical. If you are having a hard time breathing you won't be able to help others around you. So, ultimately both you and the person needing your assistance are out of luck because you put them first before yourself.

## Translated to Your Life

This same oxygen mask story can apply to your everyday life. If you are burned-out or unhappy, you won't benefit the people around you. You will do sub-par work and maybe even say things you didn't mean to say. By simply putting yourself first you can easily change your productivity and relationships with work, friends, and family. Everyone benefits in the end if they can get to their oxygen masks easily.

## You'll Know You Better

A good self-care routine also allows you to discover yourself. Knowing what you enjoy, what makes you happy or understanding your passion and purpose in life benefits the people around you as well. These people will be able to experience the best of you, the relaxed and highly self-confident and powerful person that you are. Less negativity and resentment toward others allow for stronger and more meaningful relationships to flourish.

## Don't Stop

There may be a few people in your life that will see self-care as selfish but don't let it stop you. Instead, educate them maybe they are just as overwhelmed as you are, or they don't understand the importance of self-care. More than likely they will agree with you and may even add it to their schedule. If they don't understand it, there is no point in stressing

about what they say. Don't let them stop you from taking care of yourself — your health, happiness, and overall being matter.

# Quick Ideas For Simple Daily Self Care Exercises

Self-care activities can easily be part of your daily routine without changing much or adding a lot of time to your day. It's not hard if you try to make it simple. Let's look at a few exercises that you can do to add self-care to your daily life.

- **Wake up Earlier** – Wake up thirty minutes earlier than normal. Make a cup of coffee and go outside and breathe in some fresh air if you want to. Alternatively, you can choose to go for a walk, read the newspaper, or a book. It's up to you but don't do anything that makes you stressed out. This quiet time is just for you.
- **Wait Times** – At some point in life we all end up having to wait around for something. Waiting can be very stressful if you don't have a plan. Maybe you are at the doctor's office in the waiting area or waiting in line to pick up your kids from school. Take advantage of this time by bringing a book with you or listen to an audiobook. If you prefer you can also play a game like Sudoku or crossword puzzle.
- **Breaks and Naps** – Don't pass up those breaks at work. Get outside and walk for ten minutes. If you are at home and put your kids down for a nap take advantage of that time and catch up on a television series or do stretches or yoga or call a friend or family. When a break is given or scheduled, take it.
- **Use Your Self-Care Survival Kit** – During the hour before you go to bed, dive into your self-care survival kit. You may want to color to bring your blood pressure down or journaling so that you sleep better. Choose calming activities close to bedtime.
- **Change Up Your Routine** -- Sing while you clean the kitchen, dance while you pick up the living room, or see how fast you can fold laundry. Take a different route to work and blast some music or listen to an audiobook on the way there. It's amazing one what little change can do for your mood.
- **Cook Something New** -- Pick a day out of the week to cook something new and exciting. Make life easy by making each day of the week something different like meatless Mondays or Taco Tuesdays. Try different recipes for twists on these dishes.
- **Smell Your Food More** – When you sit down to eat, take the time to enjoy your food. Smell it more and taste your food. Slow down and chew your food carefully and fully. Be mindful about the food you eat when you eat. There is no reason to rush and eat your food too fast. (If you feel rushed add this to your calendar, so you set aside enough time.)
- **Use Your Time Wisely** – Turn on the music or burn some incense while you get ready for work so that you can think positive while you are getting ready. It is especially important if you have a stressful job.

- **Pamper Yourself** – Buy high-quality shampoo, conditioners, and body soap for your showers. Upgrade your body and face lotions. Buy hands soaps that leave your hands nice and soft. Stick to healthy natural organic ingredients for an added boost to your daily pampering.
- **Fidget Toys** – Keeping fidget toys like a fidget spinner or fidget cube around the house and at work can be a real stress reliever when you can't do anything else. A stress ball and hand grip are other good ideas as well. This way anytime you feel stressed you can pick one up and play with it without interrupting what you are doing.

Self-care doesn't need to be anything major or take hours, a simple change in routine can be a thing that you need. These ideas should help you include self-care activities in your daily life without having to do everything differently.

# Self-Care Doesn't Have To Cost Anything

Money may be tight, and you might not be able to find flex in your budget to add a lot of new things to your life. But that doesn't mean you should neglect yourself. Believe it or not, self-care doesn't have to cost anything. There are plenty of things you can do without spending a dime or by taking advantage of the things you own.

- **Take a Nap** – Who doesn't enjoy a good nap? Napping doesn't cost you anything but time, but a 30-minute power nap can do wonders for your mood and your life. Most people always have a few minutes to spare for a power nap if they realize how important it may be to their health.
- **Get Some Exercise** – Go for a jog or a nice walk and enjoy mother nature. You can even go window shopping to change it up a bit. You don't need to buy anything to enjoy it. Besides, how much stuff do you already have in your life that you barely use? The exercise is what's important.
- **Go Outside** – Sit outside on your porch or balcony and read a book or meditate. Breathe in the fresh air or enjoy the sound of rain. Nature is essential to your health. Take off your shoes and walk barefoot in the grass whenever you can.
- **Hot Towel** – Put a wet washcloth in the microwave for a few seconds and use it after you wash your face. Lay down on the couch and feel the warmth and relax for a few minutes until the cloth is cool.
- **Take a Spa Day** – Look around your cabinets, and you'll likely find plenty of ingredients to make into a face mask. Coconut oil, olive oil, avocado, honey, banana, oatmeal, and cucumbers are all great items to use. If you can't spare too many items, add some olive oil to brown sugar and use that as a face and lip scrub.
- **Take Another Shower** – Before you get into the shower put your pajamas in the dryer. In the shower, take the time to breathe in the smell of your body wash and use this shower to relax. After the shower, you can slip into your warm and cozy pajamas.
- **Talk to Someone** – Self-care doesn't have to be lonely. Call some friends or talk to your spouse about work and life. Maybe they can use some ideas for their self-care routine too. Share tips and tricks.
- **Journal** – If you don't have a journal you can use your computer or smartphone instead. You can also print out paper journals from templates online. Write about your day or how you have been feeling. Take out this time to find out more things that you would like for yourself. If you find yourself feeling negative, try keeping a gratitude journal.

- **Watch Netflix** – Catch up on a TV series you've been dying to watch or put on a good scary movie. Nothing wrong with a good binge when you need a break or “hooky” day.
- **Dance** – Turn on that radio and get moving. Dancing is exciting and is also great exercise. You'll get the benefits of exercise endorphins as well as bring back happy memories and boost your energy.
- **Play a Game** – Pull out that old board game of monopoly and play with your family. Invite some friends over to play Pictionary or download a free game on your phone like Heads Up. Nothing is more fun than laughing with friends.

The list is truly endless and all up to you. Get creative and use your environment and things around you. What types of things can you add to this list that will add self-care, fun, and energy to your life?

# The Dangers Of Neglecting Self-Care

It is important to note that being too productive can cause both short-term and long-term negative effects on your body, mind, and even the people around you. It might seem like working hard is a good thing because you are productive, but if you take it too far, you can cause some serious damage that may take a long time to reverse or it may not be able to be reversed at all.

Let's look at the major warning signs to pay attention to before things turn for the worse and some short and long-term effects associated with neglecting self-care.

- **Fatigue/Insomnia** -- Do you feel like no matter how much sleep you are getting you still feel tired? Maybe you are tossing and turning and can't sleep at all. Your body is trying to tell you something is wrong so pay attention and get it checked out. You could have sleep apnea. Talk to your doctor.
- **Feeling Inadequate** – If you ever feel like you are not good enough to do something or look and feel horrible all the time, then you are experiencing low self-esteem. Everyone is good enough and shouldn't feel this way. If you feel this way even after trying to work on it yourself for a few weeks, you may need to seek out assistance from a trained professional such as therapist, counselor or a life coach.
- **Blaming Others** – Have you noticed more fights with spouse/partner, friends, family members, and maybe even co-workers? Sometimes when people neglect their self-care they feel like the world is against them and its everyone else's fault but theirs. The truth is you are the only one responsible for your happiness. That's a hard lesson to learn, but it's a fact.
- **Poor Hygiene** -- When you overwork yourself too much more than likely you are neglecting your hygiene. You are too tired and skip the shower before bedtime and wake up too late to get in a shower before work. You might not schedule in enough time to get the laundry done efficiently. Often when people don't feel good about themselves, they also feel like it's not important to keep up with it because it doesn't help them anyway. Read the book *The Compound Effect*, by Darren Hardy.
- **Poor Relationships** -- Negativity, low self-esteem, and feeling fatigue can wreak havoc on relationships. All these symptoms of self-neglect can lead you to believe that no one cares about you. The truth is, if you don't care enough about yourself to take care of yourself it's going to be hard to have good relationships.

- **Mental Fog** – Mental fog is a combination of confusion, forgetfulness, and lack of focus. It is usually in association with a poor diet of high sugar foods and drinks and unhealthy chemicals or lack of sleep. If you're experiencing this try going on a healthy food diet eliminating sugar and starches and processed food. If the fog doesn't lift within a month, seek medical intervention.
- **Addiction** – More times than not when people are running a schedule that doesn't include breaks or enough sleep they turn to drugs, medications, food and drink that lead to addictions. Coffee, cigarettes, caffeine pills, high-sugar foods, and drinks are just a few examples. These addictions can take years to reverse, and each has their negative side effects.
- **Weight Gain** – High sugar drinks like coffee at Dunkin Donuts or fast food on your way home to cut your cooking time can lead to weight gain. People who are on busy schedules typically forget to eat and resort to whatever is closest to them and usually it is not a great choice. They also neglect exercise. Weight gain can lead to more serious conditions such as heart disease, cholesterol, high blood pressure, or diabetes.

Everyone needs to take a break and pay attention to what their body is telling them. If you take the time to listen, you can prevent yourself from seriously harming your body. Therefore, self-care is imperative for a happy life, for you, as well as your family and friends.