



Self-Care Mastery: Simple, Practical Strategies for Everyday Well-being

By

Rifa Safiah

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6 Self-Care Tips which Take Less than a Minute to Perform

“I don’t have time.”

How often have you said those words when it came to self-care? Oh, you know it’s good for you. But really, who has hours to spare just to take care of themselves?

Quite simply, you do. In fact, you have more time than you think. These 6 self-care tips will each take you less than a minute to perform.

Take a Deep Breath

Anytime you’re feeling tense, stressed out, or even just a little ‘off’ taking several deep breaths will change the situation for the better. The key? Don’t just breathe. Hold your breath in between steps for maximum impact. Start with inhaling to the count of four, then hold it for the count of four, and exhale to the count of four.

Slow Down Your Lunch

When is the last time you truly enjoyed your food? The next time you eat anything at all, pause in your chewing to savor the textures and flavors. By doing this you aid in digestion and rediscover the joy of eating all at the same time!

Stop Everything

There is a lot to be said for a moment of silence. Calm racing thoughts, lower your heart rate, and relax fully into the moment by turning off your electronics and just sitting with your eyes closed. Even doing this for just 30 seconds does wonders for your state of mind.



Look Around

Another great technique for calming yourself but still engaging the mind actively is to take notice of an object near you. Spend a full minute in exploring this object, taking note of everything about it. What does it feel like? What colors is it? How does the light strike the surface? Close your eyes and see if you can recall this object in minute detail. This will actually help in cognition and focus.

Daydream

Having a rough day? Taking a one-minute vacation in your head can help perk things up. Use this as a visualization exercise for an added benefit by picturing someplace you'd like to visit or something you want to experience in person someday.

Show Gratitude

A thankful heart helps to shift how you see the world and is really good for your mood and self-talk. Think of something you're grateful for. Or better yet, take a minute to jot off a quick email thanking someone in your life for something you appreciate about them.

By taking a minute to yourself, you'll be surprised at the impact this has upon your mental and physical self. Being more relaxed and less stressed will help you to feel healthier and happier as you go about your day.





5 Things Busy Parents Should Do to Practice Self Care

You're an excellent parent. You've really nailed the finer points of taking care of your child. They are healthy. They are happy. They are growing and learning new things every day.

How are you doing?

It's so easy when we're parents to forget to take care of ourselves. Self-care somehow always seems to be on the bottom of the list, somewhere after laundry and running errands. Time for ourselves becomes something of a joke.

But there are things even a busy parent can do in order to practice self-care. Consider these things:

Take Five Minutes to Breathe

As parents who has time to breathe? As it turns out, you do. Stopping in your tracks for a few deep breaths is an incredibly calming experience. This is especially useful when your day has been extraordinarily stressful. Even a few minutes of deep breaths can do wonders to improve your mood.

Go Green

Numerous studies have been done to prove just how much nature matters. Green spaces have a way of recharging us which positively affects our cognition, our stress levels, and even our physical health. With this in mind, try to get outside when you can. If you can't, consider creating an indoor garden to enjoy year-round.



Read

It might seem laughable for a parent to have time to read a book. At the same time, you'd be amazed how quickly you can get through a story by reading a page here and there whenever you have a free moment. Reading engages the mind and gives you a much-needed respite; for bonus points, join a book club. Talking about something you've read with other adults is some of the best self-care there is.

Create an Oasis

We all need a space apart which belongs entirely to us. This can be hard when you're a parent. Try to carve out a cozy nook somewhere which is entirely yours. Maintain the space with knickknacks and delights of your choosing. No toys or children's paraphernalia allowed.

Take Some Alone Time

Grab a few minutes for yourself while the children are napping or at school. Use this for an indulgence designed just to pamper you. Enjoy a bubble bath. Visit a friend. If your children are particularly young, you might want to consider hiring a sitter. Even if you stay at home, having someone else watch the kids so you can have a few minutes to yourself will do wonders for your mood.

Whatever you do, the point is to take time for yourself in a way which helps you to recharge. This is crucial, as your children really need a parent who is calm and relaxed and ready to take up the challenges of child rearing again.





6 Ways to Practice Self Care When You're in a Relationship

How much are you still “you” when you're in a relationship? Sometimes the lines get a little blurred. We start thinking about being part of a couple and less about being an individual. This can be good when it comes to the relationship itself. It can also make us neglectful of self-care.

Taking care of yourself should be a priority at every stage of your life. After all, if you're not at your best, how can you be the best person for your significant other?

Let's look at some ways to practice self-care even when you're in a relationship.

Be Happy

It's normal to think your partner is the ultimate source of happiness. Self-care kicks in when you remember there are other things which also make you happy. Just because you're in a relationship doesn't mean you have to give up the things which give you joy. Take time for yourself. Do the stuff which puts a smile on your face. Who knows, it might be your significant other will enjoy these things too.

Find a Friend

Your significant other shouldn't be the only person in your life. Maintaining friendships is crucial to self-care. Take a little time away from your other half to spend time in old friendships. Catch a movie, go out to lunch, or just have a long conversation. Having diverse friendships is incredibly important to your mental health.

Protect Your Interests

You don't have to agree to everything. Setting boundaries with any relationship is one of the most important aspects of self-care. There might be activities you have



no wish to take part in. Or it might be you need some you time. Whatever the case, remember it's always OK to say no.

Enjoy a Hobby

What do you like to do in your downtime? For the sake of your mental health, don't neglect your hobbies. It's good to create or spend time in things which give you pleasure. Consider setting some hobby time aside as part of your schedule so your significant other can likewise enjoy their hobbies too.

Make Goals

What's something you want to do? There's nothing wrong with having goals even when you're part of a couple. Share your dreams with your significant other. Give them the space to share theirs with you. Together, work to achieve them.

Express What You Like...and What You Don't

Being part of a couple means discovering new things all the time. Some you'll like, some you won't. When you express honestly how you feel you are practicing self-care by accepting your emotions without apology.

All of these things are important to your mental and emotional health. The key here is to recognize your significant other needs these same things as well. Together, make a practice of taking care of yourselves.





5 Ways to Add Self-Care into a Busy Day

Where do you fit into your day?

If you're like most people, you're pretty busy. You're already dealing with work, relationships, and a whole lot of day-to-day actions. You're running in every direction at once. How in the world are you supposed to fit self-care into a day like that?

Thankfully, it's easier than you think. Try these five ways to add self-care into your busy day.

Ask Some Important Questions

Self-care isn't always about over-indulging yourself. Truly, at its core, self-care is more practical than you might think. You start by asking yourself what you need right now. Meeting these basic needs should be at the center of self-care.

Map it Out

Self-care is never going to just happen. Unless you are intentional, you will never make time for it. By making use of your calendar and scheduling time for yourself you are more likely to succeed in meeting your basic needs. Start small by building in the habits which will help you the most. You can begin by adding in regular exercise date several days a week, or by making a meal plan to help you eat healthier. As you achieve one goal, add in another. The key is not to overwhelm yourself all at once.

Figure Out What Comes First

How are you when it comes to priorities? If you're like most people, just deciding where to begin can be difficult. Here you need to figure out the difference between important and urgent. If something is important and not urgent, you can



add it to your schedule. If something is urgent and not important, give it to someone else to do. But if something is urgent and important, do this first.

Learn to Say “No”

You should never feel like you have to say “yes” to everything. Sometimes the best form of self-care is learning how to say “no.” By setting solid boundaries, you protect yourself from activities which will only leave you drained and give you no benefit at all.

Do the Small Stuff

We think the little things don't matter, but they do. By ensuring you take care of the basics such as making sure you get enough sleep, practicing good hygiene, eating right, and exercising, you will keep your body in tiptop form. These things also have a solid impact on your mental health.

When we get busy, we tend to forget all of these things so easily. When you're making an effort to take care of yourself, you have to be intentional in what you do. Remembering these 5 tips will go a long way toward keeping you healthy and happy no matter how busy you get.





4 Things to Teach Your Child About Self Care

There were so many things we want our children to know. The list seems endless. They have to be able to tie their shoes. They need to be able to tell time.

They need to be able to take care of themselves.

Self-care is something we don't talk about much where children are concerned. We don't worry as much about their mental health as we probably should. But this is the heart and soul of self-care. When a child can recognize their emotions and know how to deal with them, they are better able and better prepared when it comes to dealing with the world as they grow into adults.

How do we teach them about self-care?

Start them Right

Of course, the basics of self-care involve taking care of things such as hygiene, adequate sleep, and proper nutrition. Most of these things you're probably already teaching your child. Making sure they understand the importance of these things is crucial. Modeling the behavior you want generally works best here. Adding in some enthusiasm to each of these processes never hurts. After all, your child should be excited to be taking care of themselves.

Go Inward

We're not used to teaching our children how to be quiet, but it's been proven through various studies children who meditate are more in control of their emotions and themselves. Start by encouraging them to quietly explore their thoughts. They latch on to the idea of visualization very quickly as they love using their imagination.



Get Moving

Children already love to move. Introduce them to the idea of exercise as a form of play. Teach your child exercise is a normal part of the day. Again, modeling the behavior we wish to see is crucial. Children are more apt to exercise when they see their parents exercising regularly.

Get Quiet

Everyone needs downtime now and again, especially your children. Establish a time out every day for both parent and child. This is time for reading books, daydreaming, working on quiet activities, or even just cuddling a furry friend. Take note: this is not time for devices with screens. Using iPads or phones as entertainment defeats the purpose of this exercise. You're trying to disengage the mind and rest during this time, not get all worked up on in some app or game.

Remember, your children are looking to you to guide them in how to grow up. By teaching them these simple self-care routines you set them up for success as they grow up and go out into the world. Nothing prepares them the way a parent can.

