



Free Report No.4

How to enhance your personal self-care

Do you feel guilty about looking after yourself?

So what does self-care mean to you?

The Oxford English dictionary does not, as yet, recognise “self-care” as a word or phrase. So it is not surprising that people are generally confused about what does and does not constitute self-care.

Self-Care, to me, means “looking after mind and body (inside and out), to allow you to be the best person you can possibly be, and thus be in a position to care for others in the process”.

Self-Care is both an internal and external act of personal kindness to you and your body.

Total Self-Care incorporates the four core elements: mind, body, spirit and emotions. It is caring for your whole self – both inside and out – and is essential for you to function at your highest level.

Self-Care for the Mind

Your mind needs to be calm and unburdened in order to start the self-care process.

Ways to declutter your mind are:

- Meditation
- Relaxation
- Visualisation
- Journaling

Self-Care for the Body

The body needs to be nourished from the inside out.

Inner body self-care

To nourish and give your body the best inner self-care you need to be conscious about what you are eating. To look after your inner body it is recommended to eat lots of nutritious fruit and vegetables plus pure natural water.

In addition you may like to contemplate doing some level of Detox. A Detox can be as simple as eating much lighter for 24 hours, or doing a water or juice fast for 24 hours. More complex and deeper Detox programmes can take up to 3 months and there are a vast number of books on the market about this very subject. More in-depth Detox programmes may also recommend enemas or colonics – which may not be for everyone but they are highly effective for cleansing the body from the inside.

Outer body self-care

Looking after the outside of your body should be done in tandem with your inner body self-care.

Outer body self-care includes activities such as:

- Exercise
- Skin care regime (dry skin brushing, cleansing, moisturising etc)
- Massage
- General pampering

Spiritual Self-Care

Your inner-self also needs to feel nourished and loved.

Connecting with your spirit or inner-self is an essential part of your self-care – looking after the whole you. This connection can be achieved through the following options:

- Meditation
- Visualisation
- Relaxation
- Journaling

Emotional Self-Care

Emotional self-care is perhaps the most difficult to achieve.

Being in-tune with your emotions is an essential part of being able to function at your very best.

Having the courage to share our emotions is a wonderful gift. However, it has become the norm for people (particularly men) to hide their emotions as it is not seen to be appropriate behaviour.

However, by showing your emotions and being true to yourself is actually a very powerful tool to master.

This is not to say that we should all cry, scream or shout at every opportunity. However, it does mean that by being aware of what

emotions are bubbling to the surface for you in particular circumstances and devising ways in which to deal with them that feels appropriate to you.

My own advice on this would be not to suppress your emotions as this will have a detrimental effect on your well-being long-term. Suppressing your emotions (anger, guilt, rejection etc.) will add to your daily stress-levels and just like a volcano that sits dormant, they will eventually bubble to the surface and erupt when you least expect it.

Summary

Each of us is only given one body to see us through an entire lifetime. Therefore, we have a personal duty of care to ourselves to look after our bodies in the best way we possibly can.

Self-Care must start and end with YOU! You alone have the capacity to change and improve things.

Essentially, looking after the whole you, inside and out, is the MOST valuable gifts you can give yourself.

So, here is to a long and healthy life to one and all!

A NOTE FROM THE AUTHOR

I hope you found this short report helpful to you.

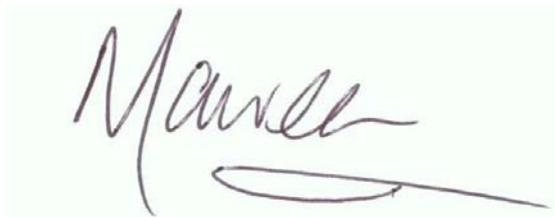
If you would like to find out more information about regaining personal time, space, energy and self-care then I invite you to visit The Calm Coach website - www.thecalmcoach.com, where you will find more free reports and information to move your life into the calm zone.

To contact me directly:

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Kindest Regards

A handwritten signature in black ink on a light green background. The signature reads "Maureen" in a cursive script, followed by a long, horizontal flourish.



ABOUT MAUREEN YORK

Maureen is a caring, sensitive and highly professional coach who has been helping to develop people's careers and lives for over 15 years in a higher education/training environment.

Through The Calm Coach she now brings her passion for helping others into a dedicated coaching practice combining life coaching and raw food coaching to help the busy and overwhelmed to once again breathe, thrive and grow.

No matter where you are at in life, Maureen can help you make the changes that are right for you, and help you to once again breathe, relax and feel more joyful as you bring the breathing space back into YOUR world.

The Calm Coach offers a suite of coaching options from one-on-one sessions and packages through to group programmes, workshops and other events.

To discuss what option would be most suitable for you, please contact Maureen directly as follows:

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