



to take care of yourself
(nurturing)



nurturing

Give yourself permission to:



- switch off
 - rest
 - relax
 - sleep



- savour something nourishing that energises you



- enjoy a nice cuppa
- take space for you - 5 minutes, 30 minutes
- walk in the fresh air
- meditate / practise mindfulness



- read something uplifting, relaxing, undemanding
- pamper yourself
- listen to something that soothes you
- stare out of the window and notice nature



- do some gentle stretches so your muscles become a little less tense



- draw, doodle, colour in





nurturing

List what has resulted in you feeling so depleted, empty, exhausted:

What 3 things can you change to prevent yourself feeling this way again?

**Prioritise YOU and give yourself permission
to nurture yourself with any of the following:**

- Time alone or with others - which would re-energise you now?
 - The elements - fresh air, sunshine, earth or water.
- How can you change what you eat to make sure you feel good?
- How can you change what you drink to make sure you feel good?
- How can you make your to-do list more realistic and manageable?
- Create some boundaries – what will you say no to and what will you say yes to?



nurturing

Create some space where you will be uninterrupted.

In a comfortable, relaxed position with your eyes closed and both feet resting on the floor,

B - R - E - A - T - H - E in one, two, three, four
B - R - E - A - T - H - E out one, two, three, four

Keep the b - r - e - a - t - h - ing cycle going
and then repeat to yourself:

May I be safe
May I be healthy
May I be happy
May I be loved

If it feels right,
repeat the process by using the words for each of your family and friends:

May you be safe
May you be healthy
May you be happy
May you be loved

When it feels the right time to stop,
gently return your focus back to your breathing
and open your eyes.