

the motherhood

# SELF CARE RESERVE

THE MUMMA NEST ACADEMY

### **DAY 2**



## PILLARS UF SELF CARE

Mhat you will learn

Introducing six pillars of self care to deepen your energy management, reclaim time & expand upon your existing practices through a variety of rituals.



### INTELLECTUAL

Reading Puzzles / Games Personal growth Join an online membership space Upskill for no reason Documentary Try new hobbies Creative expression (feminine energy) eg painting, writing, singing, craft **Podcasts** Understand strengths & weaknesses / learn about personal values & personality Join a book club online Listen to Ted X talks Spotify audio books Create a client testimonial file to reflect on evidence of client feedback / words Hire a Life Coach for accountability Reflect on your 'why' for doing what you do Attend a new in person conference Watch Inside Out & Inside Out 2!

### **MENTAL**

Mindfulness
Hand on heart self compassion exercise
Relaxation techniques
Positive self talk / Mantras / Affirmations
Therapy
Mentoring / Accountability
Healing (eg inner child work)
Gratitude
Waking up self talk (daily intention)

Recognising full body yes & no responses

Self care box (things you love for a quick boost eg card from a friend or old cherished photos)

Journaling / brain dump

Create a Wins journal (celebrate small wins)

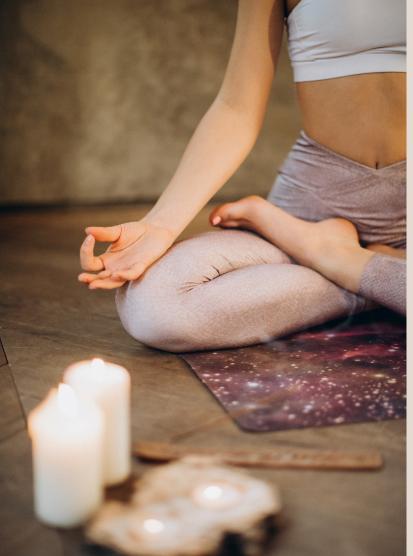
Create a Wins journal (*celebrate small wins*)

Patting a pet

Drive in the car listening to favourite music
Savouring small moments eg drinking hot coffee
Visualise dream life without limits (& choose small
1% action steps everyday towards)
Glitter jar (wait until the glitter settles)
Find your flow state: start noticing what you are
doing when you feel your best???



Coaching & Mentoring: free clarity calls available here



### **PHYSICAL**

**Conscious Movement** Non linear movement Finger under nose nervous system check Intentional lunch breaks Box breathing 2 quick breaths in & one long exhale Sleep / Rest Grounding feet in earth Visiting a naturopath for natural remedies Create bedtime ritual / routine Nutrition & minerals Allocating short breaks daily Intentional / present cooking Nature: swim, walk, explore Magnesium spray (see Salt Lab) Hygiene (bathing) Floats / Ice bath therapy Healthy environment (declutter an area) Orgasm (turn it into a ritual) Speaking compassionately to self Dancing / singing with utensil microphones Remedial massage Loosen jaw, drop shoulders, roll shoulders Outdoor fitness

### **EMOTIONAL**

Deepening self awareness
Challenging negative thoughts
Naming & processing emotions
Sitting with discomfort / uncertainty
Pausing before responding (glitter jar settling)
Understanding needs
EFT Tapping

EMDR
Energy work (reiki / kinesiology)
Follow positive social accounts
Expanding limits (comfort zone)
Power of the Pause technique
Releasing feminine rage / anger through
orgasm energy release or screaming into a
pillow, boxing - movement
Turn off phone notifications
Body alive: what is alive right now within me?
Explore hormone health
Boundaries with phone before bedtime



Watch comforting movie (presence)



### SOCIAL

Check in with friends / Connection with others Reach out to a loved one Share with someone you admire what you like about them (without making it mean you are weird) Nurturing friendships Women's circles (healing) Boundaries (saying no when not aligned) Communicating (self advocacy) Stimulating conversations Volunteering / community (giving) Local networking events (likeminded people / same interests) Join & engage in free facebook groups Join an online membership to meet people on a similar growth journey Join a mastermind group of business focused mums eg here Perform a random act of kindness or pay it forward (eg: buy a stranger a coffee) Shift energy by working in a cafe (for a change of scene)

See our online group programs & memberships <u>here</u>

### **SPIRITUAL**

Presence Meditation / Yoga Sound healing Pray / connect with greater existence: god / universe / higher self / faith Archangel connection Clairvoyancy / Mediumship Frequency Healing Music (see spotify playlist) Oracle cards (see Rebecca Campbell range) Shower in the dark with candle on Rituals: full moon Recharge crystals under the full moon Sage / Palo Santo cleansing Rituals eg: calling energy back Cyclical living (menstrual tracking) Return menstruation to the earth (cup ritual) **Burning Incense sticks** Recognising synchronicities (signs) Deepen intuition connection (separate from thoughts) Chakra dance Human Design / Astrology Ritual packages (see boundless & free AU)



## day two PILLARS OF SELF CARE NOTES

### WHAT STANDS OUT TO ME?

Pop on your 'Self Care Reset Playlist' <u>here</u> & ask yourself as you look over the pillars: "which items do I feel drawn towards?"

Notice any change in your body as you view each item within the pillars & note

the ones you feel drawn towards, find interesting, would like to learn more about or create a change in your body's response (even the ones where disgust may arise as these hold great insights, too)!