

Studio for the Inner Voice®

Reframe your life.



Tracy Currie is a Certified Professional Co-active Coach (CPC). She offers both one on one and group coaching as well as personal development workshops.

Contact Tracy to book your complimentary ½ hour coaching session or for information on upcoming workshops.

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Easy Self Care Practices

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Self care is any activity undertaken by an individual with the intention of maintaining, improving or restoring physical, mental and spiritual health. Self care is not selfish, not an indulgence nor is it a luxury. Self care is a set of practices that are essential to your well being and contributes to your success in both your personal and professional life.

When you feel stressed and overwhelmed...

- ❖ Acknowledge your feelings of stress.
- ❖ Take inventory of your body, your reactions, what you are thinking and your auto response.
- ❖ Identify your stressors.
- ❖ Identify the things you cannot control. Remember, you cannot control anyone but yourself, including your spouse/significant other, your children and your family. Take responsibility only for those things that you can control and for your own actions and reactions, your own beliefs and behaviours.
- ❖ Breathe. Quite often when we are stressed, our breathing becomes shallow. Slow, deep rhythmic breathing can help calm you, allowing you to evaluate your situation and take appropriate actions. Deep breathing is also known to lower heart rate and blood pressure, relaxing our bodies and minds.

20 Easy Steps to Self Care

Mind

1. Keep a journal of thoughts, adventures and self discovery
2. Learn or try something new
3. Acknowledge yourself, your accomplishments and your gifts
4. De-clutter your work and home environment. Get organized
5. Indulge yourself in solitude, even if only for a few moments
6. Read for the sheer pleasure
7. Ask for help when needed
8. Replace internal criticisms with positive and affirming self talk

Body

9. Maintain an exercise program
10. Stay hydrated. Drink plenty of water throughout the day
11. Get an adequate amount of sleep
12. Breathe from the belly
13. Try essential oils such as lavender and geranium in a warm bath
14. Play a favourite piece of music, drop all inhibitions and “dance like nobody’s watching”

Spirit

15. Enjoy and be present to your own personal spiritual principles
16. Practice forgiveness. Forgiving others brings you closer to forgiving yourself
17. Go out into nature. Be open to and appreciate the beauty
18. Practice meditation and mindfulness
19. Know gratitude. List what and who you are grateful for and give thanks
20. Hire a personal development coach

Please note that although these practices have been grouped under Mind, Body, Spirit, you may find that benefits from some activities overlap and could be categorized in more than one area.