

#selfcare_in_september

@back2basics_kris

Week 3

Physical & Emotional self-care

September 12 Monday

Today I am noticing my breath. I am spending a few minutes during the morning, afternoon, and evening to notice my breath; making it deep and soft. Thereby I use the grounding power of my breath to calm and care for my mind, body, and soul.

September 13 Tuesday

I am choosing and planning one activity this week that's just for me. It's going to be something that energizes/recharges/relaxes me physically and/or emotionally. I am worthy of this me-time because...

September 14 Wednesday

I am planning a foot bath for myself - including good lotion to massage in. During the day I'll be paying attention to my feet, walking barefoot when I can. Feeling the earth, rug, tiles beneath my feet. Acknowledging the fact, that they carry me through the day.

September 15 Thursday

Today I am listing 10+ good things about my body. I live in my body 24/7, it is my temple, so today I am taking some time to appreciate my body - just as it is right now. I am grateful for my body, and I am putting that into words today.

September 16 Friday

I am experiencing and interacting with the physical world partly through my hands. Today I am noticing the textures and surfaces my hands touch. And tonight I will take a few minutes to massage in some lovely hand lotion and really appreciate my hands.

September 17 Saturday

Today I am taking time to create "My Happy List". This list will include things that make my heart sing. Whenever I am blue, I can look at this list, and choose something that can help me turn my mood around. Because I deserve to have a good everyday life.

September 18 Sunday

I am finishing this week strong by starting my very own "Success and Accomplishment" -list. I am listing 10+ things today (from my past and/or present). I can add to this list in the future. Acknowledging my wins and patting myself on the back. I deserve that.

Drawn by @sofie_buch