

Self-Care: Daily Rituals for Health & Wellness

Be your healthiest, most inspired, and creative self.

This workbook gives you an idea of how simple it is – and easy to forget – to take care of yourself in a mindful way. Just by committing to doing one item from each category on a regular basis, you will reduce overall stress levels, feel better about yourself, and be more motivated and productive. And you know what? It takes just a few hours a month of consistent, dedicated self-care to reap all these rewards. So, let's get started!

Daily Self-Care Rituals

- Keep a journal of your dreams, goals, thoughts, or what you are grateful for.
- Practice daily meditation first thing in the morning.
- Eat a healthy, protein packed breakfast.
- Keep bottled water by your desk and make a point to drink it all by the work day's end.
- Pack your daily lunch and snacks to promote healthy eating and prevent blood sugar fluctuations.
- Exercise at least 30 minutes six days a week.
- Take breaks during the day to get outside.



Check off the items above that you'd like to try or write down a few of your own ways you will practice self-care on a daily basis.

BONUS TIP: Create a reminder in your daily planner or on your phone so that you can make it a habit.

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Weekly/Bi-Weekly/Monthly

- Schedule a gym date or meet your friends at a local yoga studio.
- Plan an hour or two of at-home pampering (face mask, sugar scrub, soak in the tub).
- Curl up with a good book, light some candles, and add some relaxing essential oils to your diffuser for some much-needed down time.

Check off the items above that you'd like to try or write down a few of your own ways you will practice self-care on a weekly/bi-weekly/monthly basis.



BONUS TIP: Schedule these activities ahead of time, especially if they require coordinating with other people's schedules or if you'll need to hire a babysitter. Then create an event in your planner or on your phone so that you won't forget.

Verbena with Susan Heidi Filardo provides practical mind-body-spirit and natural wellness solutions for the busy, creative woman.