



TAKING CARE OF YOU



first steps to empathy

SELF-CARE



EARLY NIGHTS

10.30pm
Making sure we get to bed at a reasonable hour every night.



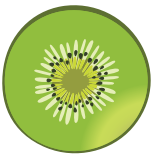
WIND DOWN

Taking a relaxing bath or shower before bed.

DIET VEGETABLE
FRESH FRUIT
GRAINS



Preparing ahead when it comes to food so that we eat healthy and tasty things.



BEING PRESENT

Practising mindfulness every day.

Being honest to ourselves about ourselves.

Treating ourselves as kindly as we treat the people we teach and feed.

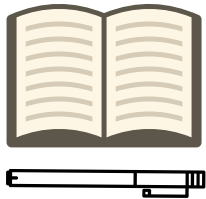


POSITIVITY

Paying attention to self-critical thoughts and changing the track to something more positive.

Unwinding with a good book.

Writing in a gratitude journal morning and evening.



LISTENING TO OUR BODIES

WALKING IN NATURE

GOING TO YOGA DANCING

SWIMMING IN THE SEA

Being around friends and family.



TAKING NAPS AND REST WHEN NEEDED.

NON SELF-CARE



LATE NIGHTS

MIDNIGHT
Too many late nights in a row.



OVER-WORKING

Working too much, too long, too late.



DIET SUGAR
FAT CAFFEINE



EATING TOO MUCH SUGAR.

Missing meals or not taking the time to sit down and eat them.

Forgetting to do mindfulness practice because I've been Instagramming for too long.

BEING ABSENT
TOO MUCH SOCIAL MEDIA.

Pretending to be anything other than ourselves.

Comparing ourselves to other people.



ANXIETY

THINKING WE SHOULD BE SOMEWHERE OTHER THAN WHERE WE ARE.

Not enough time spent reading.

Zoning out to box sets.

TOO MUCH TV!



NOT LISTENING TO OURSELVES



Not paying attention to our bodies.

Not being around friends and family.

Being around too many people for too long.

NOT TAKING A DAY OFF WHEN WE NEED TO.

