



# Self-Care Essentials







# Welcome

Hello and welcome to your self-care essentials workbook.

This resource has been designed to introduce you to the foundations of wellness and provide simple accessible resources to encourage a healthier, happier lifestyle.



# Outline

There are some things in life that are truly essential.

Enjoy simple, achievable, self-care practices to support you this Summer with Yield's Self-Care Essentials programme.

Helping you:

- Understand your self-care needs and strengths.
- Learn the foundations of rest, nourishment, play and growth to support your health and happiness.
- Trust your inner wisdom to guide you towards what you need.
- Align and adjust your lifestyle to optimise your well-being.
- Have more time and energy to invest in what you love.

Your programme includes:

- Modules on rest, nourish, play and grow, with seasonal projects and practices.
- Personalised Self-Care Plan.
- Guided Practices.
- Planning Templates.

# The Self-Care Essentials Journey

Explore the foundations of well-being  
with this programme of guided self-care practices.

01

## Self-Care

Understand your self-care needs and strengths with this simple self-reflection tool that covers the self-care essentials.

Self-Reflection Questions

02

## Breathe

Explore how your breath could unlock a whole new world of energy, calm and contentment.

Breath Guide

03

## Rest

Uncover your beliefs around rest and understand how it feels for you to be well-rested.

Rest Guide

04

## Sleep

Learn how to create an environment that encourages deep sleep and wake up feeling well-rested.

Sleep Guide

05

## Hydrate

Do you know how much water you need to stay hydrated? Take the hydration assessment to create a baseline for your daily hydration.

Hydration Guide

06

## Nourish

Listen to the wisdom of your own body and support yourself with a seasonal pre-biotic diet for better health.

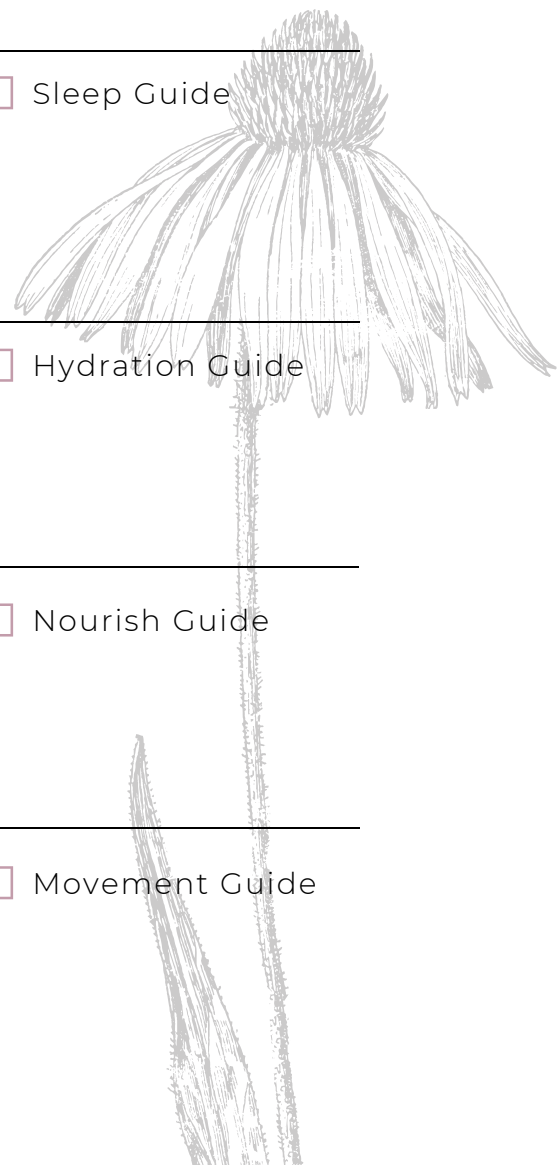
Nourish Guide

07

## Move

Create opportunities to move, play and experience release, energising your body through daily movement.

Movement Guide







# Self-Reflection

- When can you take time throughout your day to focus more consciously on your breathing?
- What do you have planned for your day? Is it supportive of how you are feeling and your current energy levels?
- How much time have you planned to spend by yourself today? Have you made time for rest?
- How many hours did you sleep last night? Did you wake feeling energised?
- How will you support yourself to ensure you stay hydrated throughout the day?
- How are you going to nourish yourself today with your food choices?
- How are you planning to move with intention today?



# Breath Guide

## 01

### conscious

Simply becoming more conscious of your breath will encourage you to slow down and breathe more deeply.

## 02

### breathe

Try breathing through your nose with your mouth closed. It is literally purpose-designed to naturally filter the air and create the ideal pressure for relaxed natural breathing.

## 03

### deep

Relax your belly and breathe slowly, softly and deeply. So many of us are used to holding our belly in all day, preventing us from enjoying those full deep breaths.

## 04

### slow

The ideal rhythm of breath to balance your autonomic response will be around 5-6 breaths per minute. To slow your breath try consciously counting the length of your inhale and balancing the exhale.

## 05

### regular

One of my favourite ways to remind myself to take a moment and breathe is to carry my favourite essential oil with me. It provides an opportunity to enjoy the scent and take a deep breath on a regular basis.



# Rest Guide

## 01

### yoga nidra

Otherwise known as yogic sleep can help you to turn off your conscious mind for a moment and allow your body and mind to relax.

## 02

### connect with nature

Spend time in the garden getting your hands dirty, go for a walk or just take your shoes off and lay down in the grass to give yourself a moment to connect and restore.

## 03

### lighten the load

Life admin can sub-consciously be draining you of energy. Take a day out of your usual week to eat the green frog and overcome your to-do list and lighten your mental load.

## 04

### time-out

Taking regular breaks to restore your energy and focus throughout the day is often more effective than falling in a heap at the end of it all. Schedule hourly time-out's to have a cup of tea, move around or just take a deep breath.

## 05

### down-time

Life doesn't have to be so serious all the time! Have some fun, embrace your inner child and play, try making, connecting, exploring or discovering something new.



# Sleep Guide

01

## routine = relaxed

Your body does best when it knows what to expect. Keep a regular time to rest and rise see if it improves your sleep.

02

## cool, dark + quiet

The ideal conditions in your bedroom for quality sleep are to limit light, keep the room cool and make it a peaceful place to find rest.

03

## natural light

Your natural circadian rhythms need natural light to function at their best. Why not have your lunch outside or go for an afternoon walk to get your daily dose.

04

## limit blue light

Blue light and bright light before bed can disrupt your natural circadian rhythms so limit screen time after 8pm. Need to work late? Use your device settings or an app to change the screen temperature.

05

## alcohol + caffeine

Avoid caffeine and alcohol before bedtime as both can impact on the quality of your sleep. Substitute for calming caffeine-free teas for a dreamy sleep.



# Hydration Guide

## 01

### how much is enough?

You probably have a number for how much you should drink a day, but is it right for you? Take the assessment now and see how much you actually need.

## 02

### focus on fluids

You don't have to just drink plain water to meet your hydration needs. Think herbal teas, high water content foods, soups and broths.

## 03

### make it easy

The more accessible you make your hydration, the more likely you are to stay hydrated. Keep your water bottle handy so you can stay hydrated on the go.

## 04

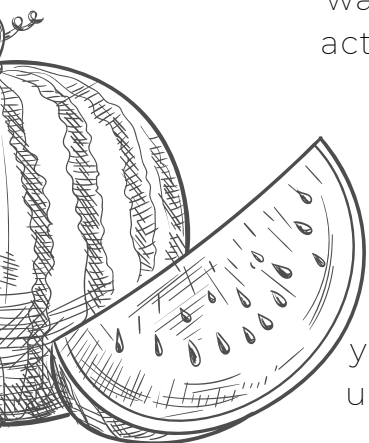
### make it routine

Create a routine around your hydration by having a water when you wake, a drink before and after physical activity and add a glass before a meal to ease digestion.

## 05

### your own body wisdom

Your body naturally balances the level of water in your system through the kidneys. The colour of your urine will let you know if you need more hydration. If it's dark, have a drink.



# Nourish Guide

01

## eat mostly plants

Eating a variety of plants provides antioxidant phytonutrients and fibre that help to feed your gut biome for optimal health and well-being.

02

## seasonal wholefoods

Focus on aligning your diet with the seasons through seasonal eating, reducing processed foods and increasing wholefoods for higher quality nutrition

03

## make it yours

Making your own meals has multiple benefits including knowing exactly what is going into your food and being able to control portion size. Plus it's a form of love and creation.

04

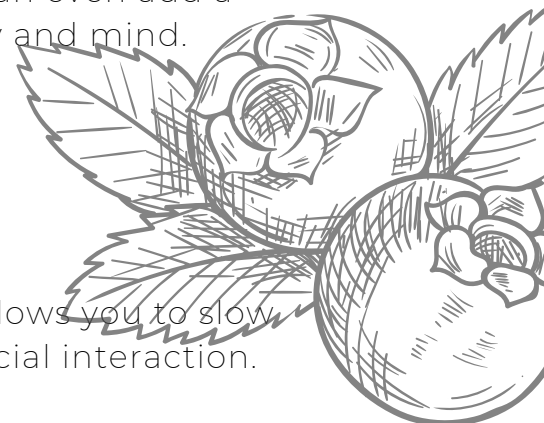
## mindful eating

Being present whilst you eat creates a connection with feelings of satisfaction and fullness. You can even add a gratitude practice to nourish your body and mind.

05

## keep it social

Sitting down rather than eating on the go allows you to slow down, enjoy the meal and share in some social interaction.



# Move Guide

01

## start early

Not a morning person? Making moves earlier on in the day contributes to feeling like you have accomplished something and also gives your metabolism a boost.

02

## achievable

If you're not in the habit of physical activity then start with keeping it achievable. Something is better than nothing and before you know it you will find your inner motivation.

03

## while you wait

We all have times throughout our day where we are waiting for someone or something. Why not use this time to do some body-weight exercises or some balancing work!

04

## incidental

Make choices that give you little spurts of incidental exercise throughout the day. You know what I mean, take the stairs instead of the elevator, park your car furthest away from where you are going and notice the difference.

05

## connect

Why not catch up with a friend over a walk instead of a coffee. Or make a plan to do that class you've had on the cards for a while. Friends always make it more fun.



# Mindful Eating Guide

## hungry or bored?

Is your body hungry or is your mind bored? Being able to read the signs of when your body is actually hungry can help you maintain your energy levels throughout the day. Listen for that empty feeling, rumbling tummy, signs of weakness or fatigue and often you will feel a loss of concentration or even grumpiness. Ever heard of the term hangry? it's a real thing.

## feeling full

Being able to recognise when you are full prevents you from overeating and overburdening the body with excess. One way to prevent overeating is to ensure you are chewing your food properly, as this provides the body more feedback whilst you are eating. Signs that you are full include: losing your desire to eat more, not being able to taste your food, tightness and heaviness in your stomach and beginning to feel tired or fatigued whilst eating.

## relaxed, restful eating

You might not have thought about this, but eating places additional stress on the body and every time you eat your body has a normal inflammation response. To make eating a more relaxing and restful experience ensure you are sitting down, have taken some deep breaths, and are well hydrated before you start eating. Incorporating gratitude practices before or after eating your meal is also a nice way to reaffirm the nourishment that your body is receiving.

# Natural Prebiotics

## vegetables

Jerusalem artichokes, Chicory, Garlic, Onion, Leek, Shallots,  
Spring onion, Asparagus, Beetroot, Fennel bulb, Green peas,  
Snow peas, Sweetcorn, Savoy cabbage

## legumes

Chickpeas, Lentils, Red kidney beans, Baked beans,  
Soybeans

## fruit

Custard apples, Nectarines, White peaches, Persimmon,  
Tamarillo, Watermelon, Rambutan, Grapefruit,  
Pomegranate, Dried dates, Dried figs

## cereals

Barley, Rye bread, Rye crackers, Pasta, Gnocchi, Couscous,  
Wheat bran, Wheat bread, Oats

## nuts

Cashews, Pistachio nuts



# Self-Care Practices

List the self-care practices that you know work for you.  
Keep them handy for when you need ideas and  
inspiration on how to rest, nourish, play and grow now  
and in the future.

A large, empty, light beige rectangular area intended for listing self-care practices. It occupies the lower two-thirds of the page and is completely blank, providing space for the user to write their answers.

# Creating Your Self-Care Plan

What is your why? What do you want to focus on for the next month?

What daily actions do you need in your day to feel valued and meaningful?

- 1.
- 2.
- 3.

What is the most important action that you can focus on this week to overcome your biggest challenge?

What resources do you need to overcome this challenge?

How are you going to support yourself daily with what you need? Think back to the things that energise you and deplete you. How can you increase/decrease the influence of these actions on your daily energy levels?

# Self-Care Plan

GOAL:

CHANGE:

WHY:

PRACTICE:





# Daily Planner

How do you plan your day with purpose? Making time for yourself to create a sense of purpose, check-in with how you are feeling and make a plan to feel more supported can all make a difference.

t

**My Purpose** *Create opportunities for myself and others to feel comfortable being themselves.*

## Check-In

How are you feeling? Did you sleep well? Feel ready for the day?

*Feel well rested, but a little bit anxious..*

What do you need this morning to feel more supported today?

*Some peace and quiet while I have my morning coffee and plan my day.*

## Intention

My top 3 priorities for today are . . .

- 1. Complete long-term work project today yay!*
- 2. Have catch up with Leanne*
- 3. Organise dinner for tonight*



MORE

*Create more opportunities for peace and quiet throughout the day*

LESS

*Distraction at work. Let people know when I'm focusing to prevent disruptions.*

DIFFERENT

*Catch up with friends in a quieter place so that I can listen and be present more easily.*

## Celebrate

What was your greatest achievement today? What are you most grateful for in this moment?

*So thankful I have finally finished that long-term project at work and am grateful for all I learnt.*



# My Purpose

## Check-In

How are you feeling? Did you sleep well? Feel ready for the day?

What do you need to feel more supported today?

## Intention

My top 3 priorities for today are . . .

- 1.
- 2.
- 3.

MORE

LESS

DIFFERENT

## Celebrate

What was your greatest achievement today? What are you most grateful for in this moment?

# Weekly Planner

What are your priorities this week? Make them happen by scheduling them in so you can allow the flow through the rest of your day with power and intention. Hint: incorporate practices from your self-care plan to support yourself with what you need to flow through your week.

s

*restorative yoga  
grocery shop*

m

*meal planning*

t

w

*kids sports practice*

t

*after hours workshop for work*

f

*girls night out*

s

*gym session*

# Weekly Planner



## tools + resources

There are always new projects to explore on [theyieldproject](#) website. Find simple and accessible practices to encourage you to rest, nourish, play and grow your way to a happier, healthier lifestyle.

## the practice

The Yield practice is designed to empower you with the freedom to choose your own path, with programmes and personalised support when you need it. Allowing you to focus on the foundations of a lifestyle that is aligned with your health and wellness values

## community

Become a part of the Yield community and join people on the same journey. With classes, online workshops and programmes available for further support when you need it.





# **Is a summer transformation on the cards?**

Every season I clear space in my calendar for a special group of people who are motivated to change their life.

Want to overcome your lifestyle challenges? Learn systems to support your health and happiness for life? If you want to start living in alignment with your values in a holistic and intentional way then please get in touch.

I'm here to support and guide you through the next step of your journey.

**let's do this!**

