

Self Care For The Real World: Practical Self Care Advice For Everyday Life

Real wellness isn't just the absence of injury or illness. Janssen shares a consciousness- and compassion- based system for navigating wholeness in mind, body, and soul. This whole-body approach is the start of a vital, fulfilled life.

*"Highbrow, brilliant." --The Approval Matrix, New York magazine
One of Cosmopolitan's 12 Books You'll Be Dying to Read This Summer
A Publishers Weekly Best Book of Summer 2020
A Vulture Best Book of Summer 2020
One of Refinery29's 25 Books You'll Want to Read This Summer
An Esquire Must-Read Book of Summer 2020
A Book Riot Best Book of 2020 *so far*

The female cofounders of a wellness start-up struggle to find balance between being good people and doing good business, while trying to stay BFFs. Maren Gelb is on a company-imposed digital detox. She tweeted something terrible about the President's daughter, and as the COO of Richual, "the most inclusive online community platform for women to cultivate the practice of self-care and change the world by changing ourselves," it's a PR nightmare. Not only is CEO Devin Avery counting on Maren to be fully present for their next round of funding, but indispensable employee Khadijah Walker has been keeping a secret that will reveal just how feminist Richual's values actually are, and former Bachelorette contestant and Richual board member Evan Wiley is about to be embroiled in a sexual misconduct scandal that could destroy the company forever. Have you ever scrolled through Instagram and seen countless influencers who seem like experts at caring for themselves—from their yoga crop tops to their well-lit clean meals to their serumed skin and erudite-but-color-coded reading stack? Self Care delves into the lives and psyches of people working in the wellness industry and exposes the world behind the filter.

Self-Care makes you accountable for your personal development. I am proposing that leaders who embrace self-care in their life's journey must never stop evolving.

Take care of your patients by taking care of yourself with these 100 self-care activities specifically designed to help nurses reduce stress, feel their best—and ready to make a difference! There's no doubt about it: today's healthcare workers have a lot on their plates. Between balancing the needs of your patients and giving your all to support your coworkers, getting burnt out and overwhelmed is a real risk. So how do you make sure you take time for yourself to recharge? With Self-Care for Nurses, you'll find 100 activities specifically designed to help you relax, take a break, and feel reenergized. Whether you need a quick

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pick-me-up in the middle of your shift or are looking for some new ways to unwind after the workday is over, you'll find helpful solutions like: -Writing a list of your accomplishments -Practicing yoga -Learning how to ask for help -And much more! Whether you're a new nurse or a seasoned veteran, self-care is important for all. Start your nursing self-care practice—today!
Real-Life Self-Care for Young Adults (and Everyone Else)
How to let go of frazzle and make time for you
Self (Don't) Care

A Guided Journal to Build Healthy Habits and Devote Time to You
Weekly Self-Care Journal (Guided Journal)

A Year of Self-Care to Focus on You

A Guide to Tapping Into Your Deep Beauty and Inner Worth

“Bite-sized” self-care strategies that any therapist can easily practice. For mental health professionals who must regularly guard against compassion fatigue and secondary traumatization, intentional self-care isn't just essential; it's a survival tool. If therapists don't take proper care of themselves, they can't do their work effectively. Taking up an exercise program, going on a vacation, turning to supportive social networks, while helpful remedies to the stresses of the job, are not always feasible and the results are often only short term. Synthesizing the latest thinking in mindfulness, neuroscience, energy medicine, and spiritual disciplines, *Simple Self-Care for Therapists* offers immediate relief in doable, bite-sized nuggets—easy exercises that can be seamlessly integrated into your current workday routine with little fuss. Over 60 restorative practices are presented—tools for (1) grounding, (2) energizing, and (3) relaxing—organized as antidotes to the most common pathologies that therapists suffer: vicarious trauma, compassion fatigue, and burnout. Bush, a therapist with over 25 years of experience, walks readers through the descriptions and simple implementation of each practice, with illuminating stories from her own professional experiences. Whether you're in a staff meeting, conducting a therapy session, writing a progress report, or attending a workshop, these convenient exercises can be dipped into as needed. A go-to resource of self-care tools, every therapist, no matter their background or approach, now has the ability to prevent stress, avoid internalization, revive their spirit, and restore a sense of well-being.

'Refreshing, heartfelt and humble...a game changer in promoting positive mental health' Sarah Turner, bestselling author of *THE UNMUMSY MUM* There's a damaging misconception in society that putting ourselves first is an act of selfishness. But self-care is not just a millennial buzzword. Without the restorative power of self-care, how will we ever escape the vicious circle where we're sick and fed-up of feeling sick and fed-up? Self-care is a tool, accessible to us all, which helps us to take responsibility for our own happiness - our physical, emotional, psychological and social needs. Jayne Hardy, founder and CEO of The Blurt Foundation, argues that it is the best preventative measure available to us to combat overwhelmedness, stress and ill health, in our hectic, modern world. The Self-Care Project is for those who have been feeling off-kilter for a while but have not been able to put the finger on the 'why'. It is a no-nonsense, practical journey to help you do just that. It'll walk you through the

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case for self-care (why it's so darn important), why it isn't selfish at all, help you explore what self-care means for you, what your obstacles might be and provide advice on how to chisel out daily space for self-care in a practical, achievable and realistic way. 'Reading this is like a therapy session with a trusted, empathetic friend determined to help you turn things around, minus any irritating self-righteousness' The Independent

If you found a cougar lounging in your living room, would you run? Or would you hang out with it peacefully? The way you answer this question may be the difference between being generally happy or generally miserable. How do you find happiness in your current life? It's a choice, and it starts with you. You taking care of yourself. You doing the work. You trying something and if what you try doesn't work, trying something else. Forget trite self-help advice about bubble baths and smiling, this is self-care for the real world. "What to Do If You Find a Cougar in Your Living Room" is a collection of bite-sized essays on stress relief, feeling good in your body, managing anxiety, active self-care, mindfulness, setting boundaries and living your best life. Each chapter includes journal prompts to help you think about how to make the information work best for you. Grab your copy today and learn more about how to care for yourself in an uncaring world. Makes a great gift for friends and family.

_____ THE TOP TEN BESTSELLER 'Unusually practical, non-patronising and authentic. Think Marie Kondo for the mind' Sunday Times Wellness pioneers Nadia Narain and Katia Narain Phillips have spent decades helping others to feel their best. But it took them a bit longer to learn to care for themselves. Here they share the small, achievable steps they picked up on a lifetime's journey towards self-care, and how you can apply them to your life, wherever you are. Right now, you may be deep in the waves of life, being tossed around. Learning self-care is like building your own life boat, plank by plank. Once you've got your boat, you'll still be rocked by the same waves, but you'll have a feeling of safety, and a stability that means you can pick other people up on your way.

Self-Care for Moms

The Little Book of CBD for Self-Care

Why Learning to Nurture Yourself is the Key to the Life You've Always Wanted

Magical Ways to Pamper, Soothe, and Care for Your Body and Spirit

The Self-Care Solution

Self Care Index

Self Care Isn't Selfish Activity Book

A month-by-month self-care bible by world-renowned wellness guru Julie Montagu.

'The ultimate self-care bible for women who want to find their balance in life' Mel Wells

'Wonderful and insightful . . . proves that when you choose YOU every single day, not only will you have more energy for yourself, but you'll have more energy to give back to everyone else.'

Kris Carr 'This book is bursting with

positivity, happiness & a whole wealth of knowledge' Chessie King

Recently named one of the top ten holistic health icons in the world, Julie Montagu knows a thing or two about health and happiness. In Recharge, Montagu shares an abundance of

guidance, tips and advice designed to help you keep self-care at the forefront of your

mind and support you on your journey to a well-rounded sense of wellness.

Recharge is your month-by-month self-care bible to help replenish your mind, body and soul. Each month of the year covers a specific area of self-care including mindful eating, managing stress, digital detox, rebuilding self-esteem, finding your passions and more.

Self-Care for the Real World Practical self-care advice for everyday life Random House

This book begins with the deeply impactful healing journey of Suzie DeVaughn and illustrates how extreme self-care saved her life. The painful health crisis eventually led her into a career as a public speaker, author, psychotherapist, and healing facilitator. She has guided thousands of clients to their innermost pain, transforming wounds into wisdom through compassion, love and insight. Mastering Self-Care is for anyone who desires to improve their quality of life—from the general public to professional caregivers. It educates the reader on the multiple dimensions of self-care, including practical tips to incorporate life-affirming practices into daily living. It creates a paradigm shift regarding compassionate care of one's self to prevent burnout in the process of helping others. Handling stress from the inside-out is essential for successfully navigating life's challenges. This book provides an in-depth perspective on the categories of self-care including: physical, psychological, interpersonal/social, professional, spiritual, and energy management/clearing. Self-assessments are incorporated to give the reader awareness regarding current habits, patterns, and beliefs. It then follows with a section on strategy to assist the beginner in an achievable regimen or improving existing practices for those who are more advanced. Special prevention and identification considerations are outlined for professional and family caregivers, as they can be at high risk of experiencing secondary trauma due to the intensity of their service and care. Mastering Self-Care gives the reader awareness, inspiration, ideas, and techniques regarding the effective use of self-care as the foundation of healthy and mindful living. This helps to counterbalance personal and professional life stress resulting in increased resiliency, energy optimization, balance and wholeness. Anyone can benefit from this book, from those just beginning to focus on their needs to advanced self-lovers. What we need is a self-care movement in which each person loves, cares, and takes responsibility for one's self. By acknowledging and responding to our needs, we have more energy and compassion to help others. In this scenario, everyone benefits. www.selfcarespecialists.com www.blossomingheartcenter.com

Where are you on your priority list? A key question in measuring self-care. Uncover your own customized strategies for moving further up that list as you bring this thought provoking and interactive book to life around your own kitchen table. Connect with friends and get your sense of self back with doable self-care strategies. Author Lorrie Forde invites you to break all the old rules about not writing in books--this one is yours to write in, reflect back on, and share as you choose. Make it work for you! This is not another thing to add to your 'to-do' list. Let the pages do the work and before you know it, you'll be laughing with friends, reconnecting with your passion, and the envy of your peers as you figure out what 'feeds you' and

where your 'weak spots' are. How long will it take till you're using "F" words all the time and your cookie jar is overflowing? Analogies like this cookie jar and using really good "F" words help us to laugh at reality and a little laughter really can make all the difference.

The Little Book of Self-Care

Transforming Your Life Through Self-Care

A Guide to Remembering the Things You Like to Do

The Little Book of Self-care

Self-Care: Not Selfish

25 Tools to Achieve Anything

Self Care at Work: How to Reduce Stress, Boost Productivity, and Do More of What Matters

Prioritize your wellbeing with these 150 self-care exercises designed specifically to help Black women revitalize their outlook on life, improve their mental health, eliminate stress, and self-advocate. Between micro- and macro-aggressions at school, at work, and everywhere in between, it's tough to prioritize physical and mental wellness as a Black woman, especially with a constant news cycle highlighting Black trauma. Now, with *The Self-Care for Black Women* you'll find more than 150 exercises that will help you radically choose to put yourself first. Whether you need a quick pick-me-up in the middle of the day, you're working through feelings of burnout, or you need to process a microaggression, this book has everything you need to feel more at peace. You'll find prompts like: -Map out your feelings about a microaggression -Make a list of your safe spaces -Detail out an entire day dedicated to your self-care -And more! It's time to put yourself first and prioritize your self-care once and for all—and this book is here to help you do just that.

“From Wiccan author Arin Murphy-Hiscock comes this fantastic guide to spiritual self-care with a witchy bent. *The Witch's Guide to Self-Care* contains recipes for products and spells for self-restoration.” —*Bustle* Self-care and magic work together in this guide to help you become the best version of yourself. You'll learn how to nourish your body and spirit with herbal remedies, spells, and rituals inspired by witchcraft in this unique, enchanted guide to self-care. Self-care is a necessity for any modern woman. The goals of self-care are simple: healthy mind, healthy body, healthy spirit. This book helps you prioritize yourself with a little help from the magic of witchcraft. *The Witch's Book of Self-Care* has advice for pampering your mind, body, and spirit with spells, meditations, mantras, and powerful activities to help you to keep healthy, soothe stress, relinquish sadness, channel joy, and embrace your strength. This book features such magical self-care remedies: -**A Ritual to Release Guilt:** Learn to burn whatever causes you pain and process painful memories or work through heavy emotions in this therapeutic ritual. -**Green Space Meditation:** Learn how to reconnect with the healing energies of nature, even in the middle of a bustling city, as part of a series of meditations based on the elements and your senses. -**DIY Body Butter:** Create your own custom soothing and smoothing body butter, powered by crystal and essential oils suited to your intention, and sanctified by a ritual. And much more! *The Witch's Book of Self-Care* shows you how easy it is to connect to the earth, harness your personal power, and add a little magic to your everyday life for a better you!

Elevate your self-care routine using the benefits of CBD—or cannabidiol—with these 200 methods to improve your mind, body, and spirit! Many people have already been implementing CBD into their self-care routines and are loving all the many soothing benefits it brings. But with so many products and supplements now available in the marketplace, it can be difficult to figure out what will work best for you. In *The Little Book of CBD for Self-Care* you'll find 200 CBD-powered activities that can boost your self-care experience. From stretching exercises using CBD to soothe sore muscles, to skin-calming face mask recipes, to CBD-fueled smoothie breaks, you'll find all the tools to start feeling your best. Take some much-needed time for yourself with these quick and easy methods to relax and recharge.

Self-care is a necessary ingredient for a life fully-lived, yet for most of us it's something we resort to only when we're at our most burned out, vulnerable and desperate. In *From Coping to Thriving: How to Turn Self-Care Into a Way of Life* you'll discover why self-care is about much more than the usual advice to take a bubble bath. This comprehensive guide will show you how to create a self-care practice that truly meets your needs and leaves you feeling like the best version of yourself. With a balance between practical suggestions, coaching-style questions and psychological groundwork, this book is designed to give you the self-knowledge and awareness you need to start making self-care an integral part of your life. As well as suggesting hundreds of useful self-care tips and ideas, *From Coping to Thriving* will also take you deeper into must-know topics like habit-formation, coping strategies, dealing with resistance to self-care and more.

Chakras & Self-Care

Practical self-care advice for everyday life

Self-Care Check-In

Simple Self-Care for Therapists: Restorative Practices to Weave Through Your Workday

The Wellness Universe Guide to Complete Self-Care

Self-Care for Nurses

Recharge

Cut the crap and cut to the chase with this fun self-care guide parody that features 150+ ways to actually live your best life. Self-Care (n): The act of engaging in activities or behaviors that help one achieve or maintain good physical or mental health, especially to mitigate the effects of stress or trauma. [Anti]Self-Care (n): The act of engaging in (potentially dangerous) activities or behaviors that help one achieve or maintain a good time, especially to mitigate the effects of being stressed the f*ck out. (Warning: may cause trauma). Which sounds more fun? It's time to be selfish about our self-care and do things we actually want to do. Self (Don't) Care isn't anti-you—it's pro-doing what you damn well please to feel good and enjoy life, rather than being told what's right for you. So put up your feet, pick up a pint, and browse through these 150+ suggestions for letting loose—it's the only self-care guide we all actually need.

We all want a more calm and spacious way of living, but we are often unsure of how to step off the crazy treadmill of day-to-day routines and responsibilities. Wellness pioneers Nadia Narain and Katia Narain Phillips have learned through years of practice that simple rituals can help you slow down the pace of modern life and re-center yourself. Rituals for Every Day shares Narian and Narian Phillips's easy-to-follow step-by-step advice. Through engaging in small, simple, and reflective routines, you can let these basic, everyday rituals bring you back to yourself.

A groundbreaking approach to wellness that will help you cut through the clutter and find the small shifts that create huge changes in your life, from the host of the podcast The Feel Good Effect “An absolutely fresh and insightful guide . . . If you’re looking to create more calm, clarity, and joy, this book is for you.”—Shauna Shapiro, Ph.D., author of Good Morning I Love You What if wellness isn’t about achieving another set of impossible standards, but about finding what works—for you? Radically simple and ridiculously doable, The Feel Good Effect helps you redefine wellness, on your own terms. Drawing from cutting-edge science on mindfulness, habit, and behavior change, podcast host Robyn Conley Downs offers a collection of small mindset shifts that allow for more calm, clarity, and joy in everyday life, embracing the idea that “gentle is the new perfect” when it comes to sustainable wellness. She then leads you through an easy set of customizable habits for happiness and health in mind, body, and soul, allowing you to counteract stress and prevent burnout. Instead of trying to get more done, The Feel Good Effect offers a refreshingly sane approach that will allow you to identify and focus on the elements that actually move the needle in your life right now. Less striving. More ease. It’s time to feel good.

Some days you need a pick-me-up, some days you need a life preserver. “For most of us,” writes Anna Borges, “self-care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with.” You may already practice some form of self-care, whether it’s taking an extra-long shower after a stressful day, splurging on a ~fancy~ dinner, or choosing Netflix over that friend-of-a-friend’s birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. The More or Less Definitive Guide to Self-Care is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz’s. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

175+ Ways to Soothe, Support, & Restore Yourself with CBD

The little book that helps you take care of YOU.

Use the Power of Touch to Live Life Pain-Free

A Blueprint for Self Care

Building Resiliency Through Healthy and Mindful Living

The Witch's Book of Self-Care

30 practices to soothe the body, mind and soul

Meredith was guilty of being a life long people pleaser. Sounds familiar doesn't it? Everyone in Meredith's life came first. Her family, her friends, and her children. Whenever it was a choice between what somebody else wanted and what she wanted. Guess whose needs came first? Yup you guessed it! Meredith eventually reached a breaking point and said enough is enough. What caused this change you might ask? One day Meredith decided she was going to take a day and focus on what she liked and what she needed! The magical day was called Self-Care Day! Except for a few close friends, everyone was caught off guard by Meredith thinking about herself. So naturally, Meredith started to feel guilty. She started to wonder was she being selfish! Have you ever felt this way? But then a little voice whispered Self Care Isn't Selfish! Makes since right? You're probably wondering if the self care can work for you. Luckily, Meredith knew of a

few friends that had the same problem! And just like it worked for her, it worked for them too. That's when Meredith had the idea that if her and her friends can find a way to put themselves first. Than anyone can put themselves first! That is when she grabbed her pen and paper and wrote the pages of this book! To take things to the next level. She wrote 20 exclusive activities to help you on your journey. So, are you ready to put yourself first? Then you're 1-click away from having The Self Care Isn't Selfish approach Work For You Too!

Unlock joy and cultivate growth--guided journaling with practical self care strategies Self care isn't about escaping life's problems--it can actually help you solve them. The Self Care Check-in is a guided journal packed with research-based techniques to help you manage stress, nurture your values and goals, and take steps toward concrete change. Equipped with these tools, you can open the door to a healthier, more fulfilling lifestyle. Actionable journal prompts and inspiring quotes guide you through thoughtful reflection, goal-setting, decision-making, and active planning. Identify unhelpful behavioral patterns along with positive creative impulses and discover how to make constructive adjustments in your life. Commit to happiness by committing to self care! The Self Care Check-in journal includes: 3 steps to self care--Each exercise begins with observation and awareness, focuses your intentions, and then guides you toward practical change. Creative space--Work your way from thoughts to action plans with a colorful, easy-to-use format that includes room to write. Everyday exercises--Every short one- or two-page exercise stands on its own, so you can flip through and find the perfect self care strategy for your needs in the moment. Discover how even small, simple choices can cultivate greater joy and wellness with the Self Care Check-in journal.

Everything you need to know about self-care—especially for Aquarius! Take Time for You, Aquarius! It's me time—powered by the zodiac! Welcome star-powered strength and cosmic relief into your life with The Little Book of Self-Care for Aquarius. While Aquarius may typically lead with the mind and not the heart, this book truly puts value in taking care of your whole self. Let the stars be your guide as you learn just how important astrology is to your self-care routine. Discover more about your sign and your ruling element, air, and then find the perfect set of self-care ideas and activities for you. From sipping cardamom coffee to listening to Mozart, you will find more than one hundred ways to heal your mind, body, and active spirit. It's stellar self-care especially for you, Aquarius!

Stop living in the poor me world and take purposeful action with discipline and determination to practice self-care, no matter what your age. This book shows you how to become your own caregiver by tapping into your deep beauty and inner worth and transforming yourself through exercise, diet, meditation, and getting rid of toxic relationships.

Self-Care for the Real World

Remedies for Healing Mind, Body, and Soul

A Modern Mother's Must-Have Guide to Health and Well-Being

52 Practices for Balance and Well-Being

Be You, Only Better

100+ Ways to Rest, Reset, and Feel Your Best Rituals for Every Day

Spend more time and energy on what matters, according to you. Self Care at Work bridges the gap between knowledge and action so you can start today. In this practical guide to self-care and productivity, mindfulness teacher and productivity coach, Melissa Steginus, walks you through eight short chapters chock-full of foundational concepts, simple exercises, and transformative questions, designed to help you: - Align your thoughts, practices, and day-to-day schedule with your needs and priorities - Gain skills, tools, and self-awareness for growth and success, according to your terms - Work productively, fulfill your needs, and spend more time doing the stuff that matters With each chapter and exercise, you will both build and practice your personal self-care action plan-your #1 tool for lasting change in your work and life. Whatever your role, schedule, or lifestyle, Self Care at Work will help you invest time and energy back into yourself and transform the way you work and live. It's time to start moving in the direction that's right for you. About the Author Melissa Steginus is a mindfulness teacher and productivity coach helping people structure their work and lives to be intentional, empowering, and fulfilling. With a background in social work and over a decade of experience as a counsellor, coach, yoga instructor, and world traveller, Melissa has helped thousands of people transform their personal and professional lives through her workshops, classes, online courses, and individual sessions. Now living blissfully on the west coast of Canada, Melissa develops and teaches workshops on mindfulness, intentional productivity, and stress reduction for entrepreneurs, clinicians, and students of all ages. You can find out more, and sign up for her newsletter at melissasteginus.com.

Along with all the perks of becoming an adult come challenges and the need to learn skills that help you self-regulate as you venture into new experiences. Highlighting five key areas of life — physical, mental, emotional, social, and financial — Be You, Only Better offers science- and experience-backed tools and easy-to-implement techniques for success. Skill-building and self-care practices — such as journaling, getting enough sleep and exercise, embracing nature, managing time and money, and practicing gratitude, mindfulness, and optimism — are presented, and each is illustrated with the story of a real young person. These practices will help you create a resilient foundation for your powerful future. You ' ll discover a wonderfully accessible lifeline and a realistically inspiring guide to leading — and loving — your best possible life. Embrace the timeless teachings of the chakra system for peace of mind, better physical health, and a sense of alignment, fulfillment, and purpose. The key to optimal health and well-being is within us, in powerful energy centers called chakras. Ancient cultures understood the sacred healing power of chakras and that self-care aligned with nature. In Chakras & Self-Care, you'll engage in a series of meditative exercises that activate and balance each of your seven

main chakras. Reiki master and wellness expert Ambi Kavanagh also offers daily and seasonal rituals to show us that true prevention not only comes from the ways we care for our bodies, but the ways we spend our energy. Chakras & Self-Care features: • Affirmation, visualization, and activation exercises to align and balance each chakra for improved energetic flow • A comprehensive guide to the seven main chakras plus astrological and elemental correspondences and goddess archetypes • Essential oil blend recipes and sacred stones to open and support each chakra • Daily rituals to recharge and restore your mental, emotional, physical, and spiritual health • Seasonal energy rituals to reconnect with nature's rhythms and lunar cycles

Providing services and caregiving to struggling, victimized and traumatized children, youth, adults and the elderly is mentally and emotionally taxing. It can and will wear our bodies out. This book gives a seven point blueprint to help promote Self-Care for your health and wellness.

Creating Time, Space, and a Peaceful Healing Sanctuary for Those in the Helping Professions

An Invitation to Self-Care

Mastering Self-Care

The Self-Care Project

Trigger Points

A Novel

The Feel Good Effect

****WIN A FREE WELLNESS HOLIDAY IN THAILAND WITH HEALTH & FITNESS TRAVEL - SEE COVER FOR DETAILS**** *Self-care is daily nourishment that gives us a fighting chance to minimize illness, fatigue, depression and anxiety. Central to the idea of self-care is the idea that taking care of yourself is not selfish and offers essential ways to stress-proof your body and mind. In this beautiful little book, Suzy offers 30 self-care practices for the reader to choose from depending on what they need. Chapters include practices for: - Rest & relaxation - Energy boosters - Mind management - Emotional first aid*

Discover why time spent caring for yourself is always time well spent, and the countless ways you can improve your health, happiness, and wellbeing. When life is busy, it's easy to put yourself at the bottom of the to-do list and neglect your own needs. If this continues for a prolonged period of time, it will take its toll on your mental and physical health, which will ironically impact on those loved ones you're trying to care for, or that job you've been so committed to. This little book of self-care isn't about overnight transformation or a huge lifestyle makeover—it's about implementing small changes that will gradually improve your physical and emotional wellbeing. Do you need to sleep better and eat healthier foods? Are you in need of an energy boost or perhaps you struggle to wind down and relax? Are you a worrier? Do you get caught in a negative spiral of thinking? Does the clutter in your home get you down? Are you overwhelmed with commitments and looking for more balance? Whatever you need to work on, you'll find advice and inspiration inside this handy guide.

Too often, we settle for the notion that self-care means giving ourselves treats and rewards for good behavior. But it's so much more than that. Welcome to the self-care revolution! A day of indulgence at a spa—or at home on the couch—might help us unwind and feel temporarily

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renewed, but is that all there is to self-care? In this book Tracey Cleantis changes the dialogue and shows why real self-care is more than just routine self-indulgence—it's a lifelong practice that's essential to finding fulfillment and joy. An Invitation to Self-Care uncovers seven principles for care that are rooted in self-empowerment and self-knowledge. Through personal stories and observations, exercises and quizzes, and interviews with experts and everyday people, Tracey invites you to consider self-care across your relationships, finances, spiritual and professional life—and more. By accepting who we are, what we need, and how those needs evolve over time, we create space for self-care's transformational magic in our lives. In fact, an authentic self-care practice is the secret to the life you've always wanted.

This beautiful, inspiring book features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Self-care is an essential part of wellness. From self-massage to meditations to decluttering, The Little Book of Self-Care provides relaxation exercises to help you focus on your own personal needs in an enjoyable way. By caring for yourself, you'll learn how to care for the world around you.

*200 Ways to Enjoy Life Without Giving a F*ck*

The A-to-Z Self-care Handbook for Social Workers and Other Helping Professionals

The Book of Self-Care

150+ Real Ways to Care for Yourself While Caring for Everyone Else

Everyday Self-Care

Reclaim Your Wellness by Finding Small Shifts that Create Big Change

The Little Book of Self-Care for Aquarius

Combining the thoughtful and expert narrative of a veteran mom of four children with the voices of hundreds of moms she surveyed, *The Self-Care Solution* offers insightful answers to poignant questions about how mothers take care of themselves, their relationships, and their jobs while raising their children—and how they don't. Here, mothers reveal their struggles with self-care, and the consequences of neglecting themselves and their relationships, and share successful strategies to combat these issues. Each chapter also includes reflective self-assessment questions for mothers to gauge where they are from a self-care standpoint, as well as lists of tried and true tools they can employ to achieve more balance, and ultimately more satisfaction, within themselves and in their relationships. Inspirational yet practical, *The Self-Care Solution* will dramatically impact women who are navigating the critical responsibility of motherhood while attempting to stay true to themselves.

150 quick and easy self-care activities especially for busy moms—perfect for even the most chaotic schedule. As a mom, you care—a lot. Whether it be physical, emotional, social, or practical, you're there to attend to all of your family's needs. But with so much to take care of, it can be hard to find time to care of yourself. With *Self-Care for Moms*, you'll learn how easy it is to incorporate self-care into your own routine in practical, yet meaningful, ways. In this book, you'll find 150 realistic self-care activities that you can try right away. To help busy moms like you maximize any moment you can find for yourself, each activity is designed to fit easily within a set short time frame. For example: 5 minutes: Call a friend; Listen to a favorite song; Light a candle 15 minutes: Soak your feet; Read a chapter in a book; Enjoy a leisurely cup of tea 30 minutes: Give yourself a facial; Plan for a vacation; Go for a walk 1 hour: Meet a friend for lunch; Go for a manicure; Attend a workout class You'll also find ideas for activities that span larger amounts of time for inspiration and motivation to take some much-needed and well-earned extra time for yourself. There's even a few aspirational activities, such as trips or projects, that last a day—or more—with a realistic plan for how to organize and coordinate your schedule to accommodate the occasional—but very important—extended time to focus on yourself. Start taking time for

Download Free Self Care For The Real World: Practical Self Care Advice For Everyday Life

you—it's easier than you think and besides, you deserve it!

Wellness pioneers Nadia Narain and Katia Narain Phillips have spent years helping others to feel their best, but it took them a bit longer to understand how to look after themselves. Here they share the small achievable steps they have learned, and how you can apply them to your own life, wherever you are. Self-Care for the Real World is a combination of friendly advice, personal stories, exercises, and recipes. The book is a practical guide to self-care for real people with busy lives. The authors are sharp and funny, and they acknowledge that there is no one way to practice self-care. They're not here to give strict instructions or preach drastic life changes, but to offer small suggestions to help you toward becoming the best version of yourself.

Fifty-two journaling exercises that guide you to practice one small act of self-care each week. Self-care isn't just another trend, it's an important practice to counterbalance the stresses, distractions, and demands of everyday life. Based on the book Self-Care for the Real World by wellness pioneers Nadia Narain and Katia Narain Phillips, this guided journal offers a weekly opportunity--with 52 tips and related prompts--to check in with yourself in small and meaningful ways. It offers exercises for coping with social media, replacing FOMO (Fear of Missing Out) with JOMO (Joy of Missing Out), embracing compromise and imperfection, setting boundaries, and feeling more grateful. You do not need to fill in the prompts in any particular order, and you can flip to any that speak to you in the moment. The journal doesn't preach drastic life changes, but offers strategies and prompts that can have a cumulative influence on your life over the course of a year. Special Features Paperback with textured cover stock, flaps, and a lay-flat binding Two ribbon markers Two-color design throughout Inspiring passages, quotes, and journaling prompts for exploring different aspects of self-care.

Activate the Healing Power of Chakras with Everyday Rituals
Simple Ways to Refresh and Restore—According to the Stars
What to Do If You Find a Cougar in Your Living Room
Really Good F Words

The Journey of Self Care From the Inside Out: Empowering Leaders and Emerging Leaders for Today and Tomorrow

The More or Less Definitive Guide to Self-Care

New science confirms that trigger-point massage is one of the most effective ways to relieve pain. Trigger Points gives you 40 simple, step-by-step exercises you can safely use at home to target pain - from long-term, debilitating backache or repetitive strain injury to migraines or acute, post-injury pain. Author and leading therapist Amanda Oswald specializes in working with chronic pain conditions. In this book, she explains how trigger points - small, tender knots of connective tissue - can cause symptoms, either around the trigger point itself or referred to elsewhere in the body. Pressure and massage can release these knots and bring immediate, long-lasting relief. Identify your pain patterns, locate the trigger points responsible using detailed body maps, then treat the trigger points accurately and safely. Each exercise shows you how to position your body, different ways to apply pressure, how long to sustain it, and how often to repeat

the process. With Trigger Points, you can take control of chronic or recurring pain yourself to achieve life-changing results.

We all have a lot of work to do to create a more loving and just world, but you can't take care of others unless you're taking care of yourself. Katie and Lora have collected some of their favorite things into this handy pocket guide to help cheer you up when you're feeling bleh. The zine includes space to add your own favorite methods of self care.

*Self-care is an imperative for the ethical practice of social work and other helping professions. From A (awareness) to Z (ZZZZ--Sleep), the editors and contributors use a simple A-to-Z framework to outline strategies to help you build a self-care plan with specific goals and ways to reach them realistically. Questions for reflection and additional resource lists help you to dig deeper in your self-care journey. Just as the ABCs are essential building blocks for a young child's learning, you can use the ABCs in *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* to build your way to a happy, healthy, ethical life as a helping professional. Includes a self-care planning form to help you set goals and formulate strategies. *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals...offers a broad range of concrete suggestions for improving individual self-care that should provide guidance and support to fit a broad range of practitioner needs. The book also includes material in several chapters that notes the important role organizations must take in stress and burnout reduction and support of self-care. SUE STEINER, Ph.D., MSW, Professor, School of Social Work at California State University, Chico, Co-author, Self-Care in Social Work: A Guide for Practitioners, Supervisors, and Administrators ...a caring and useful resource for helping professionals concerned about burnout, stress, staff turnover, and wellness.... By focusing on insights and reflections and providing resources and strategies, The A-to-Z Self-Care Handbook is a practical guide and an empowering book. DR. BARBARA W. SHANK, Ph.D., MSW, Dean and Professor, School of Social Work, University of St. Thomas, St. Catherine University, Chair, Board of Directors, Council on Social Work Education**

As the leader of a large nonprofit organization, the health and well-being of my colleagues is always top of mind for me. The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals is just what an organization like ours needed to promote self-care in a way that makes sense for all of us! JENNIFER HANCOCK, LCSW, President & CEO, Volunteers of America-Mid-States Sometimes there is a book that speaks to what you also have tried to put into words that feels truly hand-in-glove. I see The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals as precisely this book. SARA KAY SMULLENS, MSW, LCSW, author of Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions Grise-Owens, Miller, & Eaves' The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals is a much-needed handbook to inspire and guide self-care practice. Its insights are far-ranging, original, practical, and flexible. The short chapter format, focused topics, and fresh tone are both accessible and sure to motivate. Even those who have given a great deal of thought and attention to self-care will find new, exciting, and practicable guidance in its pages. LISA D. BUTLER, Ph.D., Associate Professor, University at Buffalo, School of Social Work, Primary Developer, UBSSW Self-Care Starter Kit

Self Care

150 Ways to Radically Accept & Prioritize Your Mind, Body, & Soul

From Coping to Thriving: How to Turn Self-Care into a Way of Life

200 Ways to Refresh, Restore, and Rejuvenate Self-Care for Black Women