

Balancing Life

STARTER GUIDE

UNTAMED INSIGHTS



6 WAYS TO PRACTICE SELF-CARE TODAY

Life is busy. Sometimes our daily routines inhibit our ability to see the way we operate in the world and where we may be missing the opportunity to cherish ourselves. This mini self-care guide offers 6 ways to incorporate gentle self-care into each day.

TAKE THESE STEPS TO SUPPORT YOUR WELL-BEING



WRITE A GRATITUDE LIST

When you can spare 120 seconds, sit with your journal or device of choice and write down 5 things you are grateful for. Let the appreciation wash over you. Do this at the same time, daily.

01

TAKE A BREAK

Set a timer. Get up out of your chair. Step outside. Put your electronics down and out of sight. Stretch your arms and legs. Take a few cleansing breaths. Stay in the awareness of the time to and for yourself.

02



**Pick* just one thing to practice a day and schedule it on your calendar. Play with the best time of day for each exercise and then commit to it.

SHOW YOURSELF APPRECIATION!

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SAYING "NO"

Observe how many times in a day you are saying yes. Which things can you start saying no to with more confidence? Find the balance between giving and receiving.

03



MOVE YOUR BODY

Moving your body doesn't have to be taking a HIT Class or joining a boot camp. The simple act of gentle stretching in the morning or before bed or going for a 20-minute walk in nature can be a softer way to practice.

04

**Reflect on how these small adjustments are providing for your life balance. Are there pain points? Is it helping find a little more peace?*

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TURN OFF THE SCREENS

All the screens. Phones, computers, televisions, tablets... Shut off the blue light and detox from the noise. Give yourself space to hear yourself and rest your nervous system.

05

ASK FOR HELP

Check-in with your support network. If you need a bigger/longer break or time away, seek the kindness of those around you who want to lend a hand and may not know how you need it. Who can lend you 2 hours?

06



**Review your calendar. How are you planning to spend your time and how are you spending it? Is it in alignment with your best? How can you show up just a little bit more for yourself?*

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QUICK REMINDER FOR YOUR WELL-BEING

CHECKLIST

- ✓ **Write a gratitude list**
- ✓ **Take a break**
- ✓ **Say "NO"**
- ✓ **Move your body**
- ✓ **Turn off your screens**
- ✓ **Ask for help**

Enacting meaningful change can be a challenge, but if there is a will, one little step at a time, it can be done. You can find your personal peace.

THANK YOU

FOLLOW ALONG 

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