



# Sunny Life Coach's Self-Care Made Simple

@KATHLEEN\_TUCKA



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[WWW.SUNNYLIFECOACH.COM](http://WWW.SUNNYLIFECOACH.COM)

# Self-Care Starters

1

## Breathe

Relax and take time to take deep breathes. This brings oxygen to your brain and your muscles. Increasing oxygen in your body benefits you by decreasing your stress levels and increases your energy.

2

## Eat healthy

Your body is a machine that needs the proper food for fuel. Focus on reducing unhealthy foods from your diet like processed foods and refined sugar. Take the next step and experiment with healthy diets and find what works for you.

3

## Stay hydrated

The human body is composed of approx. 60% water. Some organs, like our brain, heart, and lungs, are more than 70%. Drinking water is a simple, effective way to take care of yourself.

4

## Set boundaries

This is important to healthy relationships, a strong sense of self-esteem and healthy life. You must know what you will and won't accept. Honor yourself and your boundaries. Be firm but kind No means no.

5

## See your doctor

How long have you put off making your annual appointments? How long have you been tolerating constant pain or dealing with something that just isn't right? Most things can be dealt with if they're caught early – and are much harder to manage if you wait. Take a moment and schedule an appointment now.

6

## Gratitude

Do you take time each day to focus on the positive in your life and be grateful for what you have? To love the life you live, we must first recognize the positive and be grateful for the good we have. Research continues to showcase the benefits of gratitude. Being grateful is one of the simplest, yet most powerful, things you can do to take care of yourself.

7

## Meditate

Yes meditate – it is not as hard as you think. Keep it simple to start. Find a quiet place – Relax – take deep breathes – Feel the stress leave your body – remain still for 5 minutes clearing all the noise in you head – Start here and as you feel more comfortable you can do more.

8

## Take care of your body

Our bodies store emotional tension in ways that we don't even realize and taking time to address this can release that tension. Some options are stretching, yoga, massage, chiropractic, reflexology or something as simple as taking a walk, a run or cardio in the gym.

9

## Take a relaxing bath

This is a simple and inexpensive way to take care of yourself. Add in a little Epsom Salts, Baking Soda with your favorite essential oils or bubbles that you have. Light a candle, sit back, relax, and unwind.

10

## Sleep

Proper rest is key to good health both mentally and physically. More and more studies are showing the importance of getting enough sleep and, more importantly, the consequences of not getting enough sleep. Make sleep a priority and your mind and body will thank you.

# Next Level Self-Care

11

## Declutter

You mind, body, your home, and your office. Seek to live minimally in our homes, schedules, and lives, we will feel more at ease and less stressed. Try simplifying one area of your life and experience a new level of peace.

12

## Spend time with those you love

Schedule a date night with your partner, a special day with your kids or a happy hour with your BFF. We are hardwired for relationships and connection. Studies prove that people who connect with other people have higher levels of happiness. This doesn't have to be in person every time; sometimes a phone call is all you need based on the amount of time you have in your schedule.

13

## Take a vacation or a staycation

Most Americans use only 50% of their allocated vacation days. Take time off away from the routine of life. Plan something "Fun." Do something just for "FUN." When was the last time you did something because it was fun or it gave you joy?

Plan a "FUN" activity for you to relax, recover and reenergize at minimum once a month. Something as simple as crank up the music and dance. Laugh with your kids. Find a local event, play a game, take a walk in nature and if possible, plan some time away at a location that brings you joy! The outcome will be a better, more energized, and happier self.

14

## Treat your body

Check your grooming. When you look good, you feel good. Get a haircut, have your nails done, enjoy a facial, manicure or pedicure. When we take care of how we look physically, we feel better emotionally.

15

## Eliminate negativity

Make a conscious effort to hang out with people who feed your soul and make you feel energized and alive. Eliminate or reduce people and situations that drain you or leave you feeling exhausted. Surround yourself with love, encouragement, and positive energy.

16

## Regroup and Review your life path

Take time regularly to take a step back to regroup and review if your "Life Plan" is taking you in the direction you want to go and make changes as necessary. Celebrate your wins and move on from your losses with lessons learned.

# Self-Care Supreme



## 17 Learn Something New

As humans, we need to exercise our brains. To do that we need to be constantly learning. This helps us grow and evolve on every level and helps us feel energized and alive. Take a class, read a book, listen to a podcast or hire a Coach/Accountability Partner. Never stop learning or growing.

## 18 Lend a Hand wherever possible

Whether it be helping a family member or friend or volunteering at a cause of your choice. Volunteering has been shown to help people feel healthier and happier. When you give to others you receive so much more.

## 19 Address any Self-Limiting Beliefs

Self-care is about taking care of your whole self. Often this means dealing with emotional trauma, past events or limiting beliefs. If needed, see a therapist. Engage a coach. Have the conversation you need to have with that person you've been angry with for years. Find a way to move forward.

## 20 Be Adventurous

Get outside your comfort zone. Be brave. Challenge yourself. Whether that be a backpacking trip, trying a new activity, or pushing yourself physically, mentally or emotionally, you'll feel proud, confident and strong.

## 21 Schedule a real vacation away from home doing something that feeds your soul

Feed your spirit as well as your soul. Engage your adventurous nature. This can be anything that relates to you feeling alive.

## 22 Get creative

We all have a need to grow, use our creativity and express ourselves fully. Find your creative outlet. Paint, dance or take photos. Be true to yourself. Self-awareness and being true to yourself are essential to living a happy, fulfilled, and successful life; therefore, these are critical elements of self-care.

## 23 Listen to your inner voice

Truly identify what you need. When we are not aligned with ourselves, we are more stressed, overwhelmed and at higher risk for health issues.

## 24 Find your local "reset" place

Where you can escape the demands of your life and recharge at least for a little while.

## 25 Treat yourself as you would a very friend

Be kind. Be patient. Be understanding. Speak to yourself as you would speak to someone you love. You are enough. You are doing enough. Give yourself a break, a little more love and a lot more compassion. You are doing the best that you can and you are Fabulous!

If you found this information valuable to you, but are still struggling,  
Schedule your Sunny Life Coach 30- minute Trial Coaching Session TODAY!

