

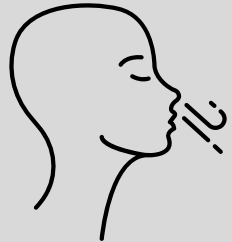


# Micro Self Care

## 10 Self Care Techniques for busy women

### BREATHE

Your lungs are able to communicate safety to the rest of the body. Simply by taking a few conscious breaths you will regulate your nervous system and reduce stress.



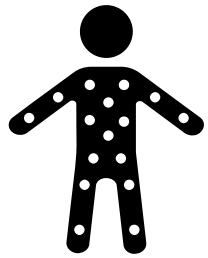
### SMELL

Spray a face mist or use an essential oil. Smell sends signals to our limbic system, which is the sector of the brain that controls memory and emotion.



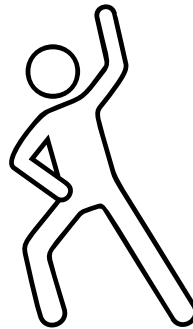
### PRESSURE POINTS

There are many pressure points that help reduce stress and anxiety, find the ones that best serve you.



### SHAKE IT OFF

If you have just been through a stressful moment shake it off! Your legs, your arms, your body what ever you are able to move! This helps flush the adrenaline from your body.



### CHECK IN

Where in your body are you feeling tension or stress? Try and breathe into that space and visualise the blockage dispersing, relax and unclench.



### SAY R...

3 times and you will find yourself yawning, this turns on Parasympathetic nervous system





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### SLOWLY TURN YOUR HEAD FROM SIDE TO SIDE



Partially close your eyes, turn your head slowly side to side while telling yourself you are safe. It triggers our primal response to scan for threat.

### GENTLY RUB HANDS DOWN OVER YOUR ARMS



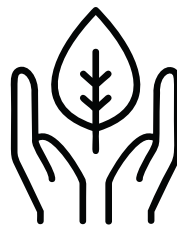
The physical touch releases oxytocin, your 'love hormone' and helps to regulate emotions and combat cortisol.

### GROUND YOURSELF



Close your eyes feel the support of the chair, the floor. Notice how your body is supported.

### NATURE



Take advantage of the incredible healing properties that nature offers. Get a little vitamin D, take shoes off and stand or walk barefoot, take some soothing breaths. Nature has a lot to offer.

### BONUS: 5 TECHNIQUES TO PATTERN INTERRUPT



This is used to disrupt a habitual thought process, behaviour, or emotional response. It gives you a moment to change your path or behaviour.

1. Hand cream / hand massage
2. Sing or hum
3. Go to the bathroom
4. Essential Oil / Face mist
5. Drink of water