

## Self-Nurturing

A great way to self nurture is to imagine you are the parent to yourself and you want to give you, the child, the best love and support you know they (you) need.

**Encouragement.** Journal every day. I know this may sound very 'therapy' but it works! A loving carer knows you have uniqueness and strengths. In a journal, make a list of all your special qualities. Tell yourself that you believe in yourself. Add to this daily by making note of the good things that you achieved that day. Be loving and non judgmental, see yourself giving you a pat on the back for your achievements.

**Comfort.** Do nice things for yourself. A loving carer would want you to feel comforting sensations. Get into the habit every day of doing special things for you. Run yourself a warm bath; make a cup of tea for yourself as though you were making it for a guest you loved. Have a massage or buy a massage pillow. Snuggle up on the couch with a heat pack/water bottle and watch a funny movie. This is a great combination for the sensations of warmth and comfort. Do kind things that a loving carer would do.

**Loving words and support.** Say loving words to yourself, it may sound crazy but it works. Say I love you and I appreciate you. Even if you don't believe it as you're saying it! If you can't say it out loud, write it in a journal along with your list of special qualities. Tell yourself you're doing a great job.

**Sense of belonging.** Join a group; an interest group, hobby group, yoga, meditation, tai chi, cardio, dance, or tennis. Become part of the group. It doesn't have to be over the top, just somewhere you go regularly where all the people have something in common.

**Understanding.** Set healthy boundaries, where others know what you want and don't want. Speak your truth. Let people know how you would like to be treated. You would speak up for your child wouldn't you? A good way to start a sentence is "I prefer to..(have this, do this, not do this etc)

**Take good care of yourself.** A loving parent would make sure you ate healthily, got eight hours sleep, fresh air and exercised regularly.

For those who need motivating, try timetabling your nurturing. Don't feel guilty if you forget a day; just get back on it the next day! Do these techniques for at least 21 days and start noticing the changes in all areas of your life.

It will be amazing!