



YOGA WITH ZAZ

5 Steps to Self-Care

1. **DAILY MANTRA** - I AM ENOUGH
LANGUAGE IS POWERFUL, THE WORDS WE USE TO OURSELVES ABOUT OURSELVES ARE AS IMPACTFUL AS THOSE OTHERS USE ABOUT US.
2. **HIT PAUSE & BREATHE** - SIT WITH EYES CLOSED AND TAKE 5 DEEP BREATHS (THIS TAKES AROUND 15 SECONDS, APPROXIMATELY THE TIME THE BRAIN NEEDS TO INHIBIT THE RELEASE OF STRESS HORMONES INTO THE BLOODSTREAM)
3. **SELF HEALING TOUCH** - IN ADDITION TO RUBBING YOUR TEMPLES TO RELIEVE STRESS OF HEADACHE, PRESS THE SPACE BETWEEN THUMB AND FOREFINGER, OR RUB HANDS TOGETHER RAPIDLY AND THEN CUP THEM OVER YOUR EYES
4. **COMMIT TO MOVE** - MAKE AN APPOINTMENT AND COMMIT TO KEEPING IT TO TAKE AT LEAST 5-10 MINUTES TO MOVE YOUR BODY EVERY SINGLE DAY. GO FOR A WALK, DANCE, DO SOME YOGA, IN A CLASS, ONLINE, OR SUN SALUTATIONS AT HOME...
5. **NOURISH** - PREPARE SOMETHING DELICIOUS TO EAT, DRINK MORE WATER AND GET ENOUGH SLEEP. YOUR BODY HOUSES YOUR SOUL - TREAT YOURSELF AS YOU WOULD A SOMEONE YOU TRULY CARE ABOUT



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Nourish

This section is not solely about nourishing your body with food, but looking at yourself and treating yourself holistically.

One of the best pieces of advice I have heard is to treat yourself as you would a small child... take naps, get into good sleeping habits, put really good quality ingredients into your body when you eat, play and learn new things every day, speak to yourself lovingly and allow yourself to make mistakes.

What will nourish each and every part of you is different for every person. But consider for a moment, what makes you feel nourished, and light and happy in -

- Your Body - from food to movement and rest
- Your Mind - from the conversations you have, to the kind of input you absorb (social media, books, magazines, television, films, podcasts, games etc etc)
- Your Heart - from the way you speak to yourself to what touches you, moves you...it doesn't even have to involve another person!

What can you give yourself to nourish all these parts of you, without anyone else being responsible for your joy?



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Busy lifestyles can often mean that we eat on the fly, grabbing whatever is convenient, skipping meals, and then hangrily eating a "proper meal" last thing at night. Come back to basics - carry nuts and chopped fruit or veggies in tupperware with you. For a healthy breakfast smoothie when time is limited in the morning try this:

Almond or coconut milk
Handful of blueberries
1 Banana
Cocoa nibs (1tbsp)
Porridge Oats (1tbsp)
Squeeze of honey or agave nectar

Optional -
Chia seeds (1tsp)
Maca Powder (1tsp)
Peanutbutter (1tsp)

Pop into the blender and voila!

Commit to your 5-a-day each day... but also, recognise that it can be easier than you think! The above smoothie already counts for 2 portions! Did you know that 2 tablespoons of tomato puree is 1 portion? And onions and garlic count too? An orange juice at lunchtime is one portion, and also aids in the absorption of iron into the body.



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Notice also what you need at different phases - our needs for nourishment change according to the seasons of the year, hormonal fluctuations and even the phases of the moon. Take time to notice what you feel and the relationship to what is going on outside of your body.

If you are interested, perhaps investigate via an online test what your ayurvedic dosha (type) is, and discover what you need at different times of year.

Listen. Greet yourself regularly and ask how you are.

Body, Mind, Heart and Soul. And Listen. Listen to the answer. Your intuition knows what you truly need to be your own best friend and carer.

Locate what you need to nourish yourself, to raise your vibration, and create the time and opportunities for more of those things. It can sometimes seem impossible to create pockets of opportunities to nourish ourselves - but if there were ten things you could do to nourish yourself, and you did just one each week or each day? As the saying goes, rather than trying to be 100% better in a year, aim for 1% improvement each day....