

# You First.

A guide to prioritising yourself  
so you can truly help others.

@NourisHer\_HealthCoach



# Why Self-Care Matters

Self-care is not selfish. It is the foundation that allows you to show up fully for the people who need you most.

When you are depleted, you give from an empty cup.  
When you are nourished, your presence becomes a gift.



# Signs You Need to Pause

- You feel resentful when others ask for help
- You are constantly exhausted, even after rest
- You have lost touch with what brings you joy
- You say yes when your body says no
- You feel guilty for taking a moment alone

# 5 Ways to Put Yourself First

1. Set boundaries without guilt
2. Schedule non-negotiable rest
3. Move your body with intention
4. Nourish yourself before you nourish others
5. Ask for help — it is not weakness



**"You cannot pour  
from an empty cup."**

Fill yours first. Then watch how much  
more you have to give.

# Your Reminder

You deserve the same care  
you so generously give to others.  
Start today. Start with you.

Save this guide. Share it with someone  
who needs to hear it.

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