



The Self-Care Guide

Simple rituals for a nourished life

NourisHer_HealthCoach

What Is Self-Care, Really?



Self-care is not indulgence. It is not bubble baths and face masks alone.

True self-care is any deliberate action you take to protect your physical, mental, and emotional wellbeing.

It means setting boundaries. It means saying no. It means choosing rest without guilt.

It is the quiet, consistent practice of treating yourself with the same kindness you offer others.

You cannot pour from an empty cup.

20 Self-Care Ideas That Cost Nothing

1. Take a slow morning walk
2. Stretch for 10 minutes
3. Write 3 things you are grateful for
4. Drink a full glass of water first thing
5. Sit in silence for 5 minutes
6. Declutter one small space
7. Read a chapter of a book
8. Cook a nourishing meal
9. Watch the sunset
10. Have a screen-free hour
11. Take a long bath
12. Journal your thoughts freely
13. Say no to one thing today
14. Go to bed 30 minutes earlier
15. Listen to calming music
16. Spend time in nature
17. Do a breathing exercise
18. Tidy your bedroom
19. Call someone you love
20. Give yourself a compliment



How to Find Time for Self-Care

Even with the busiest schedule, self-care is possible. It does not require hours — it requires intention.

1. Wake 15 minutes earlier — use that time just for you
2. Pair self-care with existing habits (stretch while the kettle boils)
3. Schedule it like a meeting — non-negotiable
4. Start with 5 minutes — consistency beats duration
5. Let go of perfection — a short walk counts
6. Say no to one unnecessary commitment this week
7. Use your commute for a podcast or mindful breathing
8. Batch tasks to free up pockets of calm



Weekly Self-Care Checklist

Tick off at least one from each category every week

BODY

Move your body for 20+ minutes

Sleep 7-8 hours at least 5 nights

Eat one fully home-cooked meal

Drink 2 litres of water daily

Stretch or do yoga once

MIND & SOUL

Journal for 10 minutes

Read something inspiring

Spend time in nature

Practise gratitude daily

Have one screen-free evening



Reflection Journal

Take a moment each week to reflect. There are no right answers.

What made me feel most at peace this week?

What boundary did I honour or need to set?

How did I show myself kindness?

What do I want to let go of?

One word to carry into next week:



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