

motherhood rebellion

be real not perfect

Suzi's self care tips

1 Daily affirmations

This is the simplest way to improve mindset. Use a post it note and display them everywhere.

'I am enough'

'I am worthy'

'I am grateful for...'

Whatever resonates with you.

2 Moisturise

Your face, hands and feet need the love.

- Give your face the gift of combined moisturiser with sunscreen in the day.
- Use rosehip oil which is full of vitamins, antioxidants and essential fatty acids on hands and face before bed.
- Slather your feet in any moisturiser and put socks on before bed.

3 Watch your self critic

You know the voice that rears its ugly head, especially when we look at our reflection!

- It's keeping you from loving yourself and taking risks.
- Hear it, acknowledge it with thanks and move on. Say "I've got this"

4 Put the phone down

Social media can be draining.

- Have screen free days.
- Turn off notifications, it will change you life!

5 Create boundaries

If you don't jump at an opportunity with enthusiasm, say 'no'. Know what you are capable of and avoid overwhelm.



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6 Walk

Walk everywhere and always take the stairs.

7 Eat well

- Be present with your food or company, taste what you eat and enjoy it, listen to music or the radio instead.
- Put your phone away at meal times and use the time to connect.
- Know what fuels your body best.

8 Limit alcohol

- Or give it up for a month and see how you feel?
- It's refreshing to wake up at the weekends without a hangover.

9 Be more mindful

- Slow down. Make a mental note to move slowly, or put it on a Post it.
- Do one thing at one time.

10 Breathing exercises

Even just a few deep breaths can help.

- Breathe in and pull air through your nose, inflate your stomach.
- Breathe out through your nose, flatten your stomach to spine.
- Hold your stomach there.
- Breathe in through your nose using your lungs only.
- Breathe out through your nose.
- Repeat often.

