

I Do. I Did. I'm Done!

MODULE 4: THE ART OF SELF CARE

Self Care is the Best Care!

In this very crucial time of high stress and anxiety and so many new and scary experiences, self-care becomes crucial, even mandatory. Make time every week to take care of your mind, body, and soul.

And journal. So many answers will come to you when you allow your brain to dump its thoughts and just write. Make it a habit. It's the best way to take care of your brain and it's free!!! And it will help you sleep at night as those thoughts have been put down on paper. This is a safe sacred space where you can write down all your fears, rip your ex a new asshole, express your hopes and dreams and never be judged.

TAKE CARE OF YOUR INNER SELF

Mediation is a beautiful freeway to ground yourself, clear the clutter in your brain, refocus and recharge. It helps to reduce stress and anxiety and lord knows this is a stressful time. It can also reduce your anxiety and fears which are probably running rampant during this divorce process. And if that's not enough, there's even more. It can stimulate clearer thinking; enhance creativity (even if that creativity involves ways to screw your ex over!) But perhaps the most important benefit will be that it can also greatly deepen your sleep.

The best time to meditate is when you first get up. Don't check

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your phones, or emails, or social media when you get up, keep that brain as clear as possible. Meditating does take practice, but the good news is that once you start, you will love it and see the benefits and soon it will become part of your daily habit.

So start off each day, with at least 5 minutes of meditation. What only 5 minutes? Yes, the first few times you will find your mind wandering as well as your thoughts. It's hard to really do nothing and allow yourself to just be. That's why I say to start off small. You can slowly increase your time as you get into the meditation practice. Another good time to meditate is just before bed. Same 5 minutes and same method. What's good to know is that you should be in a nice quiet place. It does not have to be dark. Make sure you are comfortable. You can keep your eyes open or shut. Whatever brings you to the place where you can still your mind, is where you want to be.

In today's online world, there are many meditations offered that you can listen along to. For some people that is how they prefer to meditate. Whatever your flavor of meditation is, just make sure you do it. It will change your life in the most positive ways and before you know it, you will be meditating for much longer than 5 minutes.

DO SOMETHING FOR YOURSELF

No, it is not being selfish. The best thing you can do for yourself and for others in your life is to make some time every week, to take care of yourself and do something that you love to do. It does not have to cost money. But if you have it and it does, then treat

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yourself. For some of you that may look like a pedicure or a manicure. Facials, massages, any kind of spa treatment. For others it may be practicing yoga, getting out in nature, or having a drink with a good friend. Whether it's a spa day or a walk, you must make that a priority in your life. Don't exercise? Then read a good book that you have been meaning to pick up, or binge watch your favorite show. This time is all about you and only you. No guilt, no excuses, no bullshit.

PERSONAL DEVELOPMENT PRACTICES

Often in times of high stress and volatile times in our lives, we often question WHY ME? HOW COME? WHAT IF? If you really want the honest answers to these questions, it's high time to get in some personal development. There are a ton of books and articles online that can feed your soul and help you find some answers. Life Coaches can also help you with your personal development journey.

As you grow emotionally and mentality, you will be so much better equipped to handle what life throws at you. Sure you are still going to have moments of F*CK, why is this happening, or I can't take it anymore. The difference is that you will now be able to help turn those feelings around and not get stuck in your misery and in your pity party. Life happens, not always good stuff. Wouldn't you rather be equipped emotionally so that every crisis, no matter how big or small does not cripple you? Well, you can get to that place. It takes some self-love, some discipline, and some personal development. And man are you going to like who you see in that mirror.

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MATCHING THE INSIDE YOU TO THE OUTSIDE YOU

Let's face it, who wants to eat right and exercise when you feel like shit, and getting out of bed is the most exercise you can manage.

So if you have let yourself go, and find yourself eating Ben and Jerry topped with crushed potato chips as a topping, its ok. There is always tomorrow. Emotional eating is common when you are having a life crisis. But it's not an excuse to let yourself go.

Being fit and healthy in the most trying time of your life can make it easier if you can believe it. Because your body is functioning like a well-oiled machine and you are healthy, you are so much better able to handle the roller coaster ride of divorce. I'm not saying that you are superwoman, although you might feel and look like it, what I am saying is that when you like what you see in the mirror and how you feel, life's challenges are still challenging, but they are actually DOABLE, SOLVABLE, and more importantly, not life-shattering.

So put those "fat jeans" away. Make your mind up to start looking and feeling better. Eating healthy (ok healthier than you have been) and exercising. You don't need a personal trainer or expensive gym memberships. You just need some motivation, some DVDs or some online workout program to get you started. Don't like that kind of workout? Then nature is the best gym. Do a hike that has some climbing involved. Get that ass working and tight. Nature's stair master is amazing. Find some stairs and climb them. Drop yourself on the grass and do some ab work. Whatever

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works for you, just MOVE! And seriously don't tell me that you won't get extreme pleasure when you look like a million bucks and you see your ex. Revenge is sweet and in this case, good for your body. Need I say more?

At the end of the day, simple tweaks to your mind and body, will energize you, motivate you, empower you and make you love yourself again. And honestly not only do you benefit, but those around you will reap the rewards of a happier, healthier you.

Much Love,

Maria