

# Rhythms of Balance, Layers of Self Care



## Wakeful Morning

### Presence the Dawn

- ☐ Wake and rise early with the sun if optimal
- ☐ Look out the window, see the world

### Clear Some Space in Your Body

- ☐ Urinate and defecate upon arising
- ☐ Scrape your tongue, brush your teeth
- ☐ Rinse your sinuses (if appropriate)
- ☐ Apply oil\* inside your nostrils and ears

### Hydrate

- ☐ Drink 2 - 3 cups of hot water, add lemon for taste or alkalinity if desired

### Connect to Flow

- ☐ Read something inspiring
- ☐ Journal if desired, make a gratitude list

### Flow with Prana

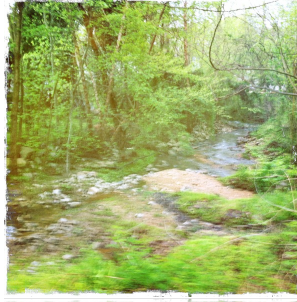
- ☐ Exercise in a way that is pleasurable
- ☐ Breathe and/ or meditate for at least 5 minutes, set an intention for your day

### Clean and Clear and Lucious

- ☐ Swish a tbs of coconut or sesame oil in your mouth for 5 minutes
- ☐ Massage your body with oil\* before, during or after your shower

### Feed Yourself Well

- ☐ Have raw green energy with breakfast: a green smoothie, greens in your eggs, add sprouts to oatmeal, get creative



## Mindful Mid-day

### Maintain Connected Rhythms

- ☐ Breathe, say a prayer, pause between activities, before dialing or answering the phone, sending an email
- ☐ Eat lunch in a quiet, settled atmosphere if possible
- ☐ As much as possible, stick to water between meals
- ☐ Check your hydration level before snacking



## Evening Sabbath

### Transition from Work to Rest

- ☐ Finishing work before dinner if possible, unplug from tech
- ☐ Breathe before walking into the door of your house, leave the day behind, treat yourself and others with loving care

### Eat Early and/or Light

- ☐ Avoid pm snacking - Drink up to 1 tbs turmeric in water after dinner or enjoy warm tea
- ☐ Don't beat yourself up if you do snack

### Cultivate Pleasure

- ☐ Engage in an activity that brings you joy
- ☐ If watching tv do so with attention
- ☐ Shut off the tech at least 30 minutes before sleep
- ☐ Meditate or breathe into the back of your heart before bed

\* Use a pure oil such as sesame, coconut, olive, or almond

\*\* Arrange am activities as needed

\*\* \*These are suggestions and will probably look different based on your daily schedule and life's responsibilities. Pick a few that resonate and start from there.