



**I KNOW OUR LIVES ARE
 BUSY, BUT ALL IT TAKES
 FOR SOME
 SELF-LOVE
 IS**



30 minutes



**YOUR MIND
 AND BODY WILL
 THANK YOU
 FOR IT.**



It's your time



30 MINUTES TO SOME SELF-CARE

I know our lives have gotten busy, but I would really like you to remember you!

3 MINUTES. STOP AND BREATHE

Just stop for a moment and Breathe!

I breathe in I breathe out.

Mind-full breathing can make you feel calmer in all sorts of situations. A great breathing practice is alternate nostril breathing

1 MINUTE. AFFIRMATIONS

We are what we think...

So say some positive affirmations!

I know it's hard right! but look in the mirror and say them out loud anyway.

It may seem strange at first, but give it a try it will help develop your self-esteem.

5 MINUTES. JOURNAL

To journal or brain dump put on paper, whats on your mind to help to relieve stress, inspire creativity, keeping goals on track

8 MINUTES. GET SOME FRESH AIR.

Get out in the fresh air

go for a walk, Start some exercise .

build the number's up as you go. Get clean air, vitamin D, good for the mind and if you keep it up your body will thank you too!

5 MINUTES. REST YOUR LEGS

Pop those legs up the wall.

Assist's in helping circulation and aids in the digestion process, its just heaven for those tired legs!

8 MINUTES. MEDITATE

Meditate

Helps your awareness, emotional health and anxiety, and bring's a little calm(using apps or youtube)

WE CAN ALL FIND 30 MINUTES THROUGH OUT OUR DAY, RIGHT?



Today I would just like to give you a little reminder and share what I call self-love, you may know it as self-care. I understand our lives get busy, and sometimes we forget the most important person and that is you.
I look forward to sharing more with you soon.

VISIT US AT

[HTTPS://WWW.FACEBOOK.COM/ITSYOURTIMEWITHTAMMY](https://www.facebook.com/itsyourtimewithtammy)

The biggest Investment you can make, is in yourself.

SELF- CARE IS SO IMPORTANT TO INCLUDE IN OUR LIVES. MEDITATE. READ. EAT HEALTHY FOOD. DRINK WATER. MOVE YOUR BODY. SPEND TIME IN NATURE. REST UP. GIVING BACK TO YOURSELF IS NOT SELFISH IT IS NEEDED AND YOU ARE WORTHY.

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