

Self-Compassion, Self-Care and Self-Nurturing

These are something as parents, it's easy to forget about and push to the side, but they are oh so important! We all need to do things that remind us to *be kind to ourselves*, to do what feels nurturing, to do things to re-charge our energy... and for each of us it's something different.

"You can't pour from an empty jug, you need to nurture yourself and your resources if you want to be able to help others." A quote from <https://www.momentisnow.co.uk/>

Some ideas that help my practice of self-compassion and self-nurturing

Audio-books

I listen as I hang out the washing, do the usual run around in the car, or walk our little Cavoodle Molly (I love them! I subscribe to Audible, but you can download just one or two that take your fancy). Not only do they keep the mind happy, but I feel much more productive too.

Sunshine

10 minutes in the sunshine really helps me recharge.

Mindfulness Meditation

In the morning, evening, or when I'm feeling stuck (see separate [Mindfulness Meditation Resource](#) for some guided meditations to try).

Exercise and Healthy Eating

This is obviously nicely balanced with wine & chocolate to be truly nourishing.

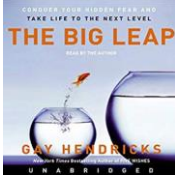

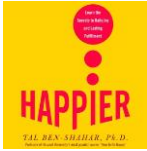



Life Coaching Session

When I'm feeling overwhelmed, stuck or frustrated, a session with a life coach can do absolute wonders for my sanity and self-esteem. There is no harm in asking for an extra bit of help with life.

Nights Out

There's nothing like a kid-free night out with friends for a good healthy dose of wellbeing and fun.

HELPFUL RESOURCES: SELF-COMPASSION, SELF-CARE, GROWTH AND GRATITUDE

	<p>Book/Audio: The Big Leap, by Gay Hendricks. Talks about how to remove your barriers to success by overcoming false fears and beliefs. Some very valuable insights about not limiting yourself and how to recognise when you are. Learn More / Buy the Book</p>
	<p>Book/Audio: Mastering your Mean Girl, by Melissa Ambrosini. The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love. There are parts where she goes on a bit, but it's entertaining and has some really good tips, especially around choosing Love over Fear. Learn More / Buy the Book</p>
	<p>Book/Audio: Happier, by Tal Ben-Shahar. It gets a bit technical, but has some great messages and insights based on positive psychology. Learn More / Buy the Book</p>
	<p>Book/Audio: Love yourself like your life depends on it, by Kamal Ravikant. Tells a story about how to self-love, how to be self-compassionate. Please ignore the cover of this book! This is an incredibly short easy read, very grounded and some good tips. Learn More / Buy the Book</p>
	<p>Book, Resources, Courses: The Happiness Trap, by Russ Harris Helping us manage our emotions and find happiness, based on Acceptance Commitment Therapy. Learn More</p>
	<p>Life Coach: Claire Hall. I mention Claire here because, sessions with her were my 'self-care and self-compassion' time. I have been fortunate enough to have Claire as my life coach on several occasions and each time I come away from our session feeling lighter, more motivated and excitingly encouraged to keep moving forward. I could go on and on, but I will leave it to you to tell me what you think when you meet her. I highly recommend Claire as an incredibly supportive, inspiring, encouraging and insightful life coach. Learn More</p>