

SELF CARE

STARTER KIT

3 Essentials to Creating a Self-Care
Practice That Works for You

*start your day
with peace and clarity
so you can give
with ease and joy*



emily kathryn



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Self-care means different things to different people. AND, it can mean different things to the same person, depending on the day. Gah! This is where most people quit. But not you, my friend! You know the importance of caring for yourself and you also know how terrible it feels when you're not. You're not going to let the plethora of possibilities stop you from building a practice that will recharge you in a big way.

This starter kit will take the guesswork out of getting started and will serve as your go-to for building a solid daily routine. Once you have the basics mastered, you can add to your plan. Some days that might mean a movement practice or building a rockstar to-do list. Other days it might look more like a bubble bath or a good book.

Whatever your energy level or stressors you're facing, the 3 simple steps that I lay out for you here will soothe your nerves and create quick "wins" so that you can care for yourself from a place of inner power and trust, not grasping and uncertainty.



Emily Kathryn

YOGA TEACHER & WELLNESS COACH
FOR WOMEN IN HEALTHCARE

Hi, I'm Emily, and I help women in healthcare overcome depletion with compassion and confidence.

If you're looking for a way to make self-care part of your daily life, then you're in the right place.

Having a solid daily routine changed my life and was integral in my ability to overcome life's most challenging moments.

It can do the same for you too, but first, you have to be willing to invite some ease into your routine. Spoiler alert: that's harder than it sounds.

Let's get started!

EMILY KATHRYN YOGA & COACHING

STEP 1: DEDICATED SPACE

Begin by choosing a space where you will practice self-care EVERY DAY.

Choose a place you already find yourself on a daily basis. And don't overlook the less conventional spaces.

A few spots you might consider:

- Your bedroom or bathroom
- Your favorite lounge chair or couch
- Your bedroom closet
- Your home office
- Your exercise space (if you have one)
- Your car

It's important that you choose a place you actually want to spend time in. Avoid rooms you only step foot in once in a while. It's difficult to start a new routine, and you don't need the added obstacle of spending time in a space you don't really like.

Once you've identified your self-care location, put a few things there that will make self-care easier and more enjoyable.

Here are a few ideas. Believe it or not, all of these items will work in the car, too!

- A yoga mat, blanket, or cushion
- Scent: essential oils, lotion, or incense
- Light: candles or a favorite lamp or set up next to a window
- Visual: a favorite picture, statue, crystals, or plant

TAKE ACTION:

My self-care location: _____

STEP 2: CONSISTENT TIMING

One of the keys to sticking with a self-care routine is to practice the routine at the same time every day. This way, you don't have to decide from day to day when you will "fit it in".

The decision is already made for you. You will save energy and mental space because there's no thinking to be done, no figuring out what will work best, because you've already decided.

Staying consistent with timing decreases friction associated with establishing a new habit.

Ideally self-care happens immediately upon waking. This is when you are freshest.

And even if you are not a "morning person" tending to your self-care before anything else means you are less distracted and your energy belongs to you alone. Not your family, friends, pets, or phone!

TAKE ACTION:

I will perform my self-care routine daily at this time:

STEP 3: BREATHE

Breath work is one of the simplest and most-effective means of managing stress. **How can something so simple, something we do all day everyday help you feel better?**

Breathing, when done with intention and awareness, stimulates the vagus nerve and activates the parasympathetic nervous system. As humans we were designed to spend the majority of waking hours and ALL of our sleeping hours in a parasympathetic state. Unfortunately the demands of our modern lives causes us to spend quite a bit of time in a sympathetic state.

It takes just a second for the sympathetic nervous system to be activated but turning it off can take an hour or more. This is part of the reason why so many of us have trouble sleeping.

Practicing the activation of the parasympathetic nervous system will make it easier for you to make that switch. The switch into a parasympathetic state eases digestion, decreases heart rate, and brings on general feelings of calm. In short, breathing for a few minutes a day will make you feel better! This is one of the few wellness practices that can make that guarantee.

“The missing pillar in health is breath. It all starts there.” - James Nestor

TAKE ACTION:

I will sit silently and breathe for _____
minutes every day

BONUS STEP: COMMIT

So often I hear from my clients, “I know all the things to do to take care of myself, but I’m just not doing them.”. Sound familiar? The truth is, all the knowledge in the world won’t help if you’re not putting it into action, and one of the main reasons we have trouble committing to a new habit is because we start too big!

Let’s say your goal is 20 minutes of self-care a day. A reasonable mini goal would be 10 minutes daily. But your starting point is just 2 minutes. You may be wondering how 2 minutes could possibly help. Well 2 minutes is not the goal. It’s the first step. It’s easy to implement because everyone has two minutes. The point is not to do just 2 minutes. The point is to master the habit of showing up.

Here is a stepwise progression for a daily self-care routine. Before you get started, make sure you have your dedicated space ready, and you know exactly what time you’ll be practicing.

Day 1 <i>2 MINUTES</i> Sit in a dedicated space with no distractions	Day 2 <i>2 MINUTES</i> Sit in a dedicated space with no distractions	Day 3 <i>2 MINUTES</i> Sit in a dedicated space with no distractions	Day 4 <i>2 MINUTES</i> Sit in a dedicated space with no distractions	Day 5 <i>2 MINUTES</i> Sit in a dedicated space with no distractions
Day 6 <i>4 MINUTES</i> 5 rounds of box breathing then sit quietly until the timers sounds	Day 7 <i>6 MINUTES</i> 5 rounds of box breathing then sit quietly until the timers sounds	Day 8 <i>8 MINUTES</i> 5 rounds of box breathing then sit quietly until the timers sounds	Day 9 <i>10 MINUTES</i> 5 rounds of box breathing then sit quietly until the timers sounds	Days 10+ <i>10 MINUTES +</i> Continue to increase your time until you reach your goal

CONGRATULATIONS!

You've just taken the very important first step in improving your physical, mental, and emotional health. So often we skip this first critical step of planning and wind up feeling frustrated and defeated when our plans don't stick. This might be a good time to remind yourself of the importance of ease in your self-care plan.

Two minutes of breathing is easy. The hard part is showing up. And it makes sense that there would be some resistance there. Women are conditioned to give, not receive. Self-support, proper rest, allowing our feelings - these are tough tasks that were rarely, if ever, modeled for us.

But you can learn, and it's never too late to get started!

Are you looking for more?

If you want to go further, making self-care a non-negotiable part of your day, and learning evidence-based techniques to improve your physical and mental health, then we can practice together in my program [Self-Care Rx](#).

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