

*Six Simple Self-Care  
Tips to Help You  
Take Better Care of  
Yourself Right Now*



*Rebalance Wellbeing™*

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## Welcome!

I'm excited to share with you simple ways to take better care of yourself right now based on your quiz results.

Figuring out how to reclaim some control and happiness starts with discovering how to take better care of yourself right now.

Knowing your self-care profile points you in the right direction to take your next best step to take better care of yourself at home and work. Your next best step to reclaim some control and happiness.

No doubt you're busy and have several people who rely on you to meet their needs (e.g. kids, spouse, employer, friends, aging parents, and more). While it would be ideal for you to put a laser focus on your self-care, I know that's not realistic. That's ok! You can try some of the strategies in this guide to see if they build over time to fight fatigue so that you can take charge of some choices in work + life. life.

If you're anything like me, you'll find these strategies doable and useful.



## What can you expect from this guide?

You can expect 6 strategies to take better care of yourself at work and home. Try as many as you like. If you want to tweak a strategy, go for it. There is no need to add to your stress so start where you are and take the next best step.

These strategies broaden the definition of self-care by helping to strengthen your connection to yourself. “Rather than narrowly defining self-care as just physical health (which is an important piece of the equation), we need to pay attention to a wider set of criteria, including care of the mind, emotions, relationships, environment, time, and resources,” states the author of *6 Ways to Weave Self-Care into Your Workday*.<sup>1</sup> The author of *Four Self-Care Habits to Practice at Work*<sup>2</sup> extends this thought by saying that strengthening the connection with our self increases self-compassion and resilience. “It empowers you to be nimble and flexible, and gives you the ability to identify problems, accept negative feedback from others, and change habits that no longer serve you.”

## Why the focus on self-care?

Like most people, you want to change a thought, feeling, or behavior that no longer serves you in work + life. One that's adding to chronic stress. Taking better care of yourself can be the difference between making progress toward your desired change and staying stuck ... and overwhelmed.

I see you rushing everyone from one place to the next—giving your all. You're impatient with the kids. At work, you're thinking about what's for dinner. At home, you're thinking about all the emails you didn't send. You have too many balls in the air. The overwhelm weighs you down Every. Single. Day.

I know you've got a lot on your plate. Your inner voice whispers that your pace is not sustainable. You are stretched too thin.



## Six Simple Self-Care Tips to Help You Take Better Care of Yourself Right Now

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“As someone who used to ignore messages and signs that I was overextending, who used to ‘do it all,’ and who suffered from no small amount of productivity addiction, take it from me: your decisions count, they cost, and they keep you stuck,” writes Dr. Kelly Brogan.<sup>3</sup> “We have let overwhelm jail us in a state of treading water and barely getting by.” So many curve balls come your way.

Are you nodding your head saying “100%!”? If you want to stop treading water and start swimming, you need more energy. The alternative is that “you get lost because you only have the energetic capacity to react defensively to everything that is coming at you,” says Dr. Brogan.

What if you could commit to one or more of these strategies to start restoring energy and putting fun back into your home and work? What if you mix self-care into your workday so it’s not relegated to after-work hours?

### What does your quiz result tell YOU?

Your quiz result tells you where you need the most self-care right now—mind, body, or spirit—and where to take the next best step to reclaiming some control and happiness at work and at home. It’s possible, of course, that you can make good progress in taking better care of yourself in more than one area. All in due time.



As with any quiz like this, you might need self-care right now in more than one area. If you would like to start with another self-care area, [request the other guides](#) to see additional strategies to jumpstart your self-care.

### What does your quiz result tell ME about you?

I know you are a high-achiever who doesn't make excuses. But, you're overwhelmed, disillusioned, or simply unsure how to get your life back.

Just taking the quiz tells me you want more energy to live your life proactively ... with intent. Your mind, body, or spirit feels run-down and exhausted. Your energy account is tapped out.

"We are meant to supplement our original endowment of energy with what we can manufacture from eating, breathing, sleeping, learning, working, playing, and relationships. Each day we make withdrawals and deposits," writes Dr. Lippman in *Revive: Stop Feeling Spent and Start Living Again*. When our energy account is tapped out, "our body is doing everything it can to tell us that it is time to slow down, rest, detoxify, repair, replenish, and restore."

You're under a lot of pressure with a challenging day-to-day schedule. Your inner voice whispers that your pace is not sustainable. You are stretched too thin.

You want to:

- Limit the destruction of chronic stress on your mind, body, and spirit.
- Create a work-life mix that allows time and space to focus on your health and
- Stop sacrificing wellbeing and living with doubt and guilt that you are not doing enough in any area of your life.

You can take charge of the power within to revive your mental, physical, and emotional energy!

But you can't continue to prioritize others (kids, spouse, employer, etc.) and believe that someday you'll be able to find the time and space for your wellbeing and the life you are intended to live. There is another way. I'm here to help.

### What will your life look like if you take better care of yourself?

What will your life look like? More like the life you're intended to live and one that you love!



You can have enough mental, physical, and emotional energy to:

- Wake up feeling refreshed and ready to take on a new day at home and work
- Organize a daily schedule that fosters excitement, fun, and a pace that leaves everyone feeling positive and supported
- Show up in meetings generating actionable ideas that everyone appreciates
- Pursue your professional dreams
- Say no (guilt-free) when requests don't match your priorities or values
- Raise a happy and healthy family
- Be the kind of parent you're proud of
- Invest in important relationships through quality conversations and time together
- Build up reserves for expected and unexpected life events that require resilience
- Take charge of your choices to live a life you love

## What should you do now?

Try one or more of these quick-win strategies for at least a week—30 days would be even better—to take better care of yourself so that you feel more in control and happy at work and at home.

Tip: consider mixing these strategies naturally into your workday to increase success.

*Self-care is no longer a luxury; it's part of the job.*

— Amy Jen Su in *Harvard Business Review*



## Self-Care Needed Most Right Now: Mind

Keeping track of all the things at home and work overwhelms our brains! Sleep is often the only rest the mind gets; if we're not getting quality sleep that compounds the stress. We tend to think that pushing through is the best choice. In fact, we need to give our brains periodic breaks so that it can help us make the progress we desire. Try these strategies to get a break from the mental workload and subsequent mental energy drain.

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**Focus on your breath with the 4-7-8 breathing exercise.** It's simple, takes almost no time, and can be done anywhere. Sit with your back straight and ...

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of 4.
- Hold your breath for a count of 7.
- Exhale completely through your mouth, making a whoosh sound to a count of 8.
- Inhale again and repeat the cycle 3 more times for a total of 4 breaths.
- Note that you inhale quietly through your nose and exhale audibly through your mouth. If you'd like to see a demonstration, watch this video.



**Take a break every 90 minutes** with some stretching or a short walk. Science shows working in 90-minute intervals is powerful for your body and your job. (4)

## Practice Meditation

- Meditation increases your focus, helping you to be more productive.
- Take 2 to 5 minutes to stare at 1 inanimate object.
- Don't attach any judgment to the object, but simply focus on the rising and falling of your breath.
- Whenever your mind wanders or gets distracted (which it will, and that's OK), bring your awareness back to your breath.
- Often this is practiced with the eyes open – usually partially open – but if you're at work surrounded by people, it's fine to practice with your eyes completely open. The important part is to focus on one still object and your breath.



Use [Insight Timer](#), a free app that provides 11,963 free guided meditations. Research conducted during the past 4 years suggests they are worth trying.

**Have some fun coloring.** It generates feelings of calm by:

- Relaxing your brain by focusing on a simple activity.
- Providing a low-risk outcome that is pleasure.
- To make coloring with a child more relaxing, relieve yourself of decision making by letting him or her decide what you should color and the color you should use.
- Taking your attention away from yourself and putting it on the present moment.

### Why should you trust I know this is your next best step?

Because I'm like you when it comes to taking care of myself. There is always room for improvement and the pursuit is ongoing. We won't reach a time where we can take it off our list as a completed task.

A few years ago, I decided that my New Year's resolution was to do everything I could to improve my energy. It had become clear to me that any other changes I wanted to make in my life would require more mental, physical, and emotional energy. And really, if I had the energy to show up in the world to do the things I wanted most, then things like the number on the scale, my clothing size, and signs of aging wouldn't matter as much.

So, I've paid attention to what fills me up and what empties my cup. My Energy Drain Profile is Body. I'm a work in progress when it comes to getting enough healthy food and exercise. I've had success with various strategies, so I'm doubling down on them now! Ask me about my progress at [karen@rebalancewellbeing.com](mailto:karen@rebalancewellbeing.com).

Here's what I know for sure. If we decrease our mental, physical, and emotional energy drains, we can take charge of our choices and reclaim some control and happiness so that we're not so overwhelmed, overworked, and stressed.

By taking the quiz, you took a stand to say I can do better with my self-care. I need to do better. Any commitment to increased self-care is progress and one step closer to the life you want to live. What self-care commitment can you make to yourself right now? It's time. After all ...

*This life is not a dress rehearsal.*

## Next Steps

If you're nodding your head and thinking "Yes! But what do I do now?"

### 1. Private Facebook Group

Join my Facebook group [Working Moms Who Thrive](#) to help receive support and accountability.

One of the BIGGEST benefits will be a sense of community and knowing you're not alone—that there are a lot of working moms who feel just like you.

### 2. Book a FREE Rebalance Your Wellbeing Clarity Call

[Book a call with me](#) to chat about how I can help you rebalance your wellbeing, increase happiness, and live a productive, joy-filled life with ease.

*The key is not to prioritize your schedule but to schedule your priorities.*

— Stephen Covey

## Notes

1. <https://hbr.org/2017/06/6-ways-to-weave-self-care-into-your-workday>
2. <https://www.mindful.org/four-self-care-habits-to-practice-at-work/>
3. <https://kellybroganmd.com/stop-your-energy-drains/>
4. <https://www.inc.com/wanda-thibodeaux/why-working-in-90-minute-intervals-is-powerful-for-your-body-and-job-according-t.html>

## About Me



I want to help you go from exhausted to energized and wake the fun mom napping within.

### My Journey

In 2016, I asked a simple question and received an answer that changed my life. My youngest child was nearing the end of college and, unbeknownst to me, I was looking for my next big creative project. A good friend suggested that I become a health and wellness coach. Wow! All my life experience, education, and professional dreams suddenly fit in a perfect box with a beautiful bow. I realized I wanted nothing more than guide working moms to live their best life—to thrive.

### My Joyful Life

I raised three children while working fulltime. There never seemed to be enough hours in the day to balance family and work, let alone self-care. My kids were thriving ... my #1 goal. I understand what you're trying to achieve. I want to do everything within my power to help you really live life, not merely survive it.

### Living a Crazy, Busy Life

After an 18-month medical odyssey, I was diagnosed with Lyme Disease. Nearly 15 years passed before I could say I finished treating it. I learned that self-care is key to showing up for others and thriving.

### My Health Suffered

My husband left abruptly, and I became a single mom overnight. I was devastated ... broken. Focused on one breath and step at a time. I parented my teenagers, worked fulltime, and suffered extreme physical and emotional stress. My health was in more trouble. My energy hit rock bottom. There was little fun at home or work.

## My 20-Year Marriage Ended

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## Experiencing Toxic Relationships

I struggled to take control and extricate myself from a toxic relationship. To truly heal my physical and emotional pain. I know what it looks like and how it feels. I've watched others share this same struggle. I know for sure that it doesn't have to be this way.

## Newfound Happiness and Health

My family and friends showed up for me and my kids in amazing ways! I relied on healthcare professionals to help put me back together physically and emotionally. I read as much as I could to help me understand my past and the pathway forward. I met my 2nd husband and he patiently helped me open my heart and heal. My kids continued to thrive and are now gainfully employed college graduates. (Admittedly, I'm one happy, proud mama.) I learned to ask for and accept help. I learned to share the responsibilities of daily life so that I don't take on more than I can manage. I found greater happiness than I imagined possible.

**I could talk about the following all day every day:**

- Boosting energy and putting happiness back into home and work
- Gaining clarity and courage to go after a life you love (based on your core values, strengths, and desires)
- Raising a happy and healthy family
- Designing a life that doesn't entail sacrificing a successful career or your wellbeing

## Thank You

Thank you for taking the Self-Care Quiz: Where do I need the most help right now? You are not alone in the challenges you face as a working woman!