

## 9 Self Care Practices to Help Take the Stress out of Stepping Up in Business or Leadership

Hey team! One of the tools I wanted to give you this week is this 9 self-care practices to help take the stress and struggle out of stepping up in Business or Leadership checklist. Any time you're getting ready for more success and public engagement, it's important to start getting your body and whole being ready for it before the flurry of activity happens. Which these 9 tips will help with. But they're also just as helpful for those times at which you're already super busy and you need a simple checklist style reminder of what you can do every day to look after you and keep yourself running in the best state of balance possible. So that's what this checklist is all about. Are you doing these in your self-care regime? Or could you be?

1. Breathe- Have you done your breath exercise today?
2. Have you had enough water to drink today (8 – 10 glasses)
3. Rest- Have you scheduled a mid-day rest break and your bed time for today?
4. Have you seen a Naturopath to check for any nutrient deficiencies (e.g. iron) or infections?
5. Nature- Have you spent some time outdoors in the fresh air today?
6. Energy- Have you set your intentions about your boundaries today and cleared your energy today?
7. Have you aligned and connected with your essence, purpose, vision and or guidance support system today?
8. Intimacy- Have you talked to a friend, had a hug or turned loved inwards today?
9. Money- Have you taken stock of your financial health and honoured your money and abundance today?

Here's a little deeper explanation of each point if you would like ☺

1. **Breathe-** how we use our breath actually either activates us or can move us into a low energy, relaxed state. Shallow rapid breathing only into the upper chest can activate the fight/flight pathways within us. Or deep rhythmic breaths all the way down in to the lower belly relax us back into balance and calm. When we're under the pump, we tend to breathe shallow and fast, rather than deep and slow. Therefore one of the most important tools in managing our health and reducing stress and anxiety in times of change is breath work.

Do you currently have a breathing practice, perhaps one taught to you at a yoga or meditation class or taught by another practitioner? And are you currently still implementing it on a daily basis? If not, no better time than the present to bring it back ;-)

We can do this by making time each day, upon waking, while sitting somewhere quiet on our lunch break or afternoon break, or perhaps when we go to bed to do a quick check in with our body to: for 5mins, monitor your inward and outward breaths. With each breath, attempt to draw it down further and further inwards towards your pubic bone first and fill all the way down to that space, then exhale it all the way out again. With each breath, imagine all that oxygen and fresh energy passing into your bloodstream and spreading out into your extremities, carrying and unleashing new life, new energy from your soul/higher self, healing and calm as it goes. And on each breath out, imagine exhaling the energy of the day so far no longer needed and anything that you might have taken on that's "not you." That's it. If it helps,

maybe schedule a reminder or reminders in your phone or computer throughout your day that pop up at a certain time and ask you "have you breathed deep today?"

- 2. Water intake-** Are you remembering to drink enough water each day? As they say at least 8-10 glasses? Again, it's an essential step to keep your body out of "survive" mode and open to abundant "thrive" mode. Not enough causes stress and fatigue in itself. As remember part of the reason the body needs lots of water is to clear away all of the waste products. As well as to conduct electrical activity within your body. Waste products not eliminated eventually get re-absorbed. Drinking enough gives the body what it needs to detoxify. And flush out anything toxic or waste that will put your body under stress and force it to have to compensate by spending extra energy to deal with the toxins when they build up. The solution- make sure you drink 8-10 glasses per day of quality filtered water each day.  
OR more or less as your body and or your health professional/s may recommend.

- 3. Rest-** Sounds obvious doesn't it? But sometimes we need a reminder. When we stay up too late a lot, sleep with the lights on, or don't make adequate quiet time away from the sensory bombardment of everyday life, we can end up in stress and overwhelm mode. Hormones and biorhythms then get out of whack. The body is then under stress because it's not getting adequate downtime to repair, detoxify and come back into the balance of its natural rhythm. When we are in this state, our coping ability drops and can't take on as much new stuff in life. We're already too busy surviving and "full" of all we can manage in one go. So, how and where throughout your day can you give yourself more time to rest? (Or if you're not getting enough due to needs of others, where can you compromise with others, or bring on some support or help to get some more down time for yourself?) A couple of suggestions to ensure you get enough rest

- Take 15mins over lunch- if you can to take a power nap or if not do breath work process and re-centre yourself within your own body/re-set your boundaries.
- get up when you wake up
- got to bed at reasonable hour for your routine.
- remove overstimulation 30mins before bed e.g. no technology unless its meditation or intention setting for the next day.

- 4. Diet-** Are you eating right for your body and its individual requirements? And do you know where your gut health is at? The effect of nutrient and mineral deficiencies is often stress and anxiety as well as energy issues. When the body hasn't got what it needs, it goes into a state of stress. And your feelings of anxiety or unusual extremes of moods can be an indicator that something is up in terms of nutrient or mineral deficiencies and the body and whole being therefore not having what it needs to perform at optimum. Iron deficiency being a prime example. The balance of Microorganisms in our gut is also important to look at. When there's too many of the bad ones, this can also put excessive stress on our body to deal with the waste products they create and feeding them (sugar cravings can be a good indicator that your microbial hitchhikers are hungry as one example) and this ultimately too can increase our experience of stress and anxiety. You can see a GP but I highly recommend seeing a Naturopath too, who can do extensive assessment and testing to check where your body is at and if there's anything else you need in your diet to help your body perform at its best. Plus help you get ready to handle the in-flow of abundance in work or client form when it happens.

5. **Nature.** I know it might sound obvious, but we're creatures designed to live in harmony with it. When we're rarely in it, mostly indoors and not taking time to connect to it e.g. working in air-conditioned offices with no natural light (e.g. office buildings, factories, shopping centres, our body gets thrown out of its natural biorhythms.

Sunshine makes you happy! = Getting enough means no Seasonal Adjustment Disorder

-our hormones, biochemistry adjusts to natural light levels too. Thus getting exposure to daylight improves our sleep patterns.

Plus energetically speaking, artificial environments with man-made electricity and Wi-Fi also operate at a different energetic frequency to the human body's natural energetic frequency. Nature has a similar rhythm (electrical current) as the human body; therefore we come back into balance by spending time in nature. Plus it feels nice and looks nice!

6. **Energy and Boundaries-** Do you ever get home after a day at work or seeing clients and feel completely exhausted, or anxious, overwhelmed and hypersensitive? Is it possible that you might be taking on and bringing home some of their "stuff" with you?

Do you have a practice to clear your energy and remove from yourself anything from them that you have taken on? This can be as simple as washing your hands post session, shaking their energy out of the massage towels before you wash them, sitting and taking a few moments to close your eyes, tune into your body, scan it and imagine a wave of light scanning through it, clearing out with it anything that's not you and, like the little icon on your phone battery, imagining your whole body and energy field filling all the way back up, until your body is 100% reoccupied, like a rental property, with the energy of you.

Do you also have a boundary setting practice to help maintain a boundary between you and the outside world? This could be something like visualising a shield or ball of light around yourself, which is as impermeable as a wall of lead to what you don't need or want to experience in life, but completely permeable to what information, energy, love, support and abundance you do wish to receive.

The clearer you are in your own energy and the less "already full" with others "stuff", the more "you" you'll be able to be and the more abundance you'll be able to receive in the times ahead.

7. **Reconnection and Alignment:** Staying aligned with your passion and purpose is so very important in the manifesting abundance equation and reducing the stress and struggle that can come from having to knock ourselves back into it or into loving and backing ourselves when we step OUT of harmony with it. Have you done a practice today, do you do a practice every day that helps you connect with your heart and soul and keeps you connected and in positive relationship with your passion, purpose and daily direction?

A great one can be to make 5mins from the second you wake to tune into your inner world and, if you're open to it, ask your soul and your spiritual support team for guidance as to what

is in your best interest to pursue each day while you're there. And or also to connect with this space as you're falling asleep each night, as a part of helping to set up right for the next day. (For simplicity, you can combine this as a second step with your breath practice too.)

During the day, what actions can you do or take which make you feel joyful, playful or make you laugh? What practices do you do that connect you with your body in enjoyable ways? Such activities take you straight out of your head and back into your body and heart, and in the process get you out of your own road to listen to your own higher wisdom and that of your guidance team too. So an important part of your abundant living picture, if you choose, might also be to make sure you keep making time to integrate these kinds of activities into your days.

8. **Intimacy**- this may sound odd but studies have shown that when people live alone, with less human contact than people living with partners/families/share houses, they quite literally have higher depression rates and poorer health and part of this is attributed to lack of physical contact (human touch) and social intimacy through emotional connection.

Thus this can sometimes be an unmet need that might need to be addressed in order for us to be in a balanced state in life and be available for life and all it has to offer.

Trying to get social and emotional intimacy needs met unconsciously can also negatively impact our working relationships or personal relationships. If we're unconsciously pulling energy or attention from our clients when we feel socially lonely or vulnerable and haven't acknowledged our intimacy needs in this respect, we're less able to be fully present for our clients or give them the energy or support they deserve and are paying for. And on an unconscious level, occasionally clients will pick up on this may pull back but not understand why.

But if you're aware of what your social and emotional intimacy needs are and are actively seeking healthy ways to monitor and fulfil them, they will be less likely to impact the work space and you'll be more available to your work and clients...and thus to receive more abundance? Win win, right?

## 9. **Financial**

If money or abundance was a partner and you were in a relationship with money/abundance: What would money look like right now? And what would the quality of your relationship be like? Would you want to be in that kind of romantic relationship with someone? How do you think money would feel about you in this relationship? In truth, money is a tool of the universe to help you do and achieve what you are here to do. And by having more of it, you're able to help more people. Wouldn't that be awesome? So what are some ways you can start to treat your relationship with money with the TLC, protection and respect you would a garden full of vegetables you'd just sown?

If you haven't been, perhaps now might be the time to start nurturing your relationship with money? How might you do that? Beyond seeking expert advice from accountants, bookkeepers and financial advisors or counsellors, one way is to make time to be grateful for

what abundance we do have, which actually helps bring more of it into our lives. As well as to nurture our relationship with money by taking care with the little financial details. Things like:

- noticing when someone gives us not enough change
- checking when there's a smarter way to pay less interest by consolidating two credit card debts into one loan.
- Taking time to send gratitude and love out with every single bill or expense that you pay out to somebody.
- Setting up a separate account just for your tax, super and expenses that you pay yourself as an employee.
- Keeping a clear purse or wallet.
- Keeping track of what is going in and out.

I know it sounds odd, but if money/abundance was a lady or man you were in relationship with, you wouldn't want to hoard him or her away from people and being all untrusting of him or her every time they left the house out of fear they might not come back, right? How can you bring your trust into your relationship with abundance and allow abundance to grow and flourish into its full potential?

That's it for this week my friends!

Thank you so much for taking the time to read through this document fully. Would love to hear any feedback on how you found it or what else you might think it needs or need taken out ☺

I am deeply committed to supporting you in any way possible to reach your business and leadership goals and succeed in your efforts to have the business and the lifestyle that you love! So If you have any questions or concerns, or would like further assistance with developing a self care regime that's custom made especially for you, please don't hesitate to email [nat@natalieferrier.com.au](mailto:nat@natalieferrier.com.au) or call me on 0427 449 005.