

The Well Being's Herbal Allies Workshop Series



SELF-CARE FOR THE MIND, BODY AND SPIRIT

SEPTEMBER 7, 2019

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www.TheWellnessMindsetCoach.com

Think Well. Do well. Be well. |

Cultivate a Healthy Environment to Nurture the Whole Self



Manage the Mind



Honor the Body



Nourish the Spirit

Basics of Self-Care



Make a COMMITMENT to Yourself

it all starts here - a conscious decision to dedicate time to care for you

Be CONSISTENT

make sure what you do is manageable and can be done regularly

Make YOU a Priority

find balance between taking care of others and taking care of yourself

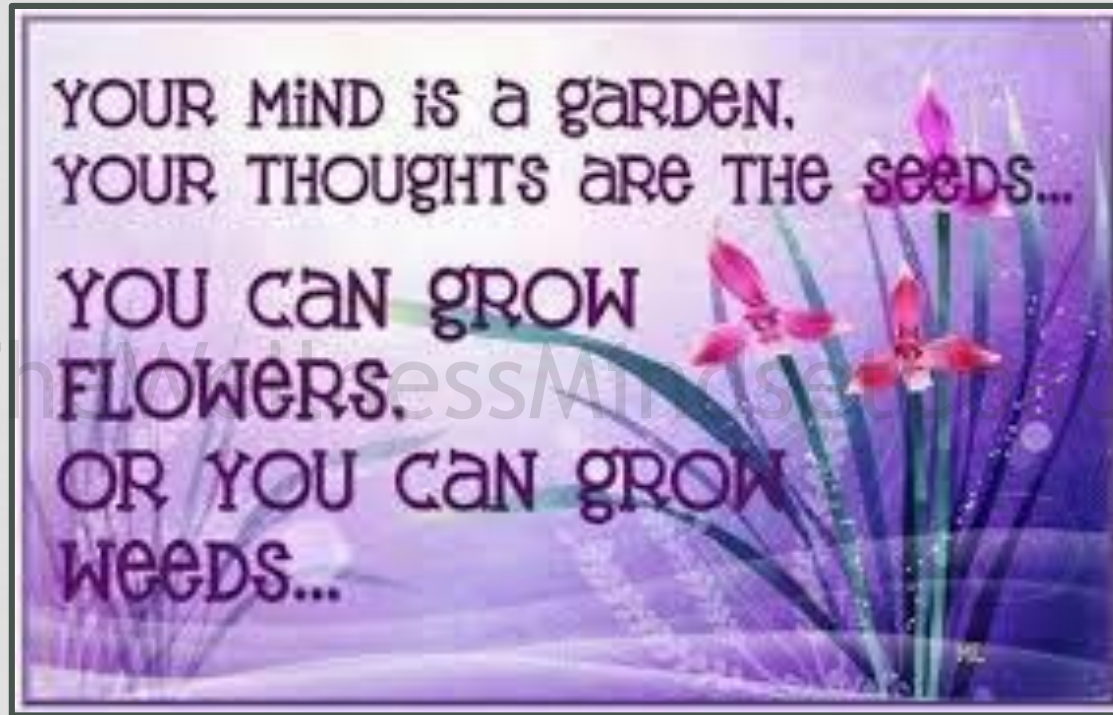
Start SMALL

one healthy habit a day - this should be sustainable to build on

Find YOUR OWN Path

do what works best for you for you - keep changing it as you change

Manage the Mind

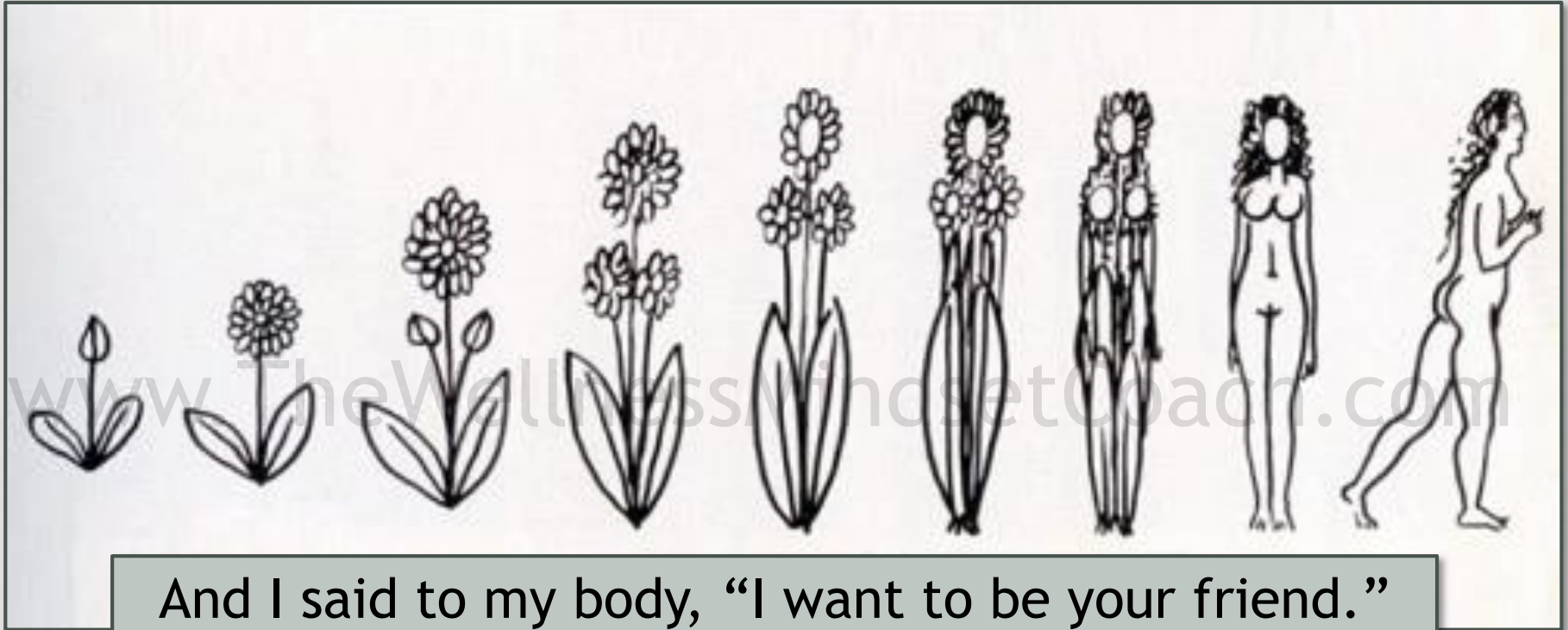


Self-Care for the Mind



Make your mind a nice place to be
Talk nicely to yourself
Be aware of your thought-emotion connection
Don't stay in your head
Breathe
Be quiet and still - Meditate
Stay in the moment
Be patient with yourself
Focus on the good
Practice gratitude
Do random acts of kindness
Be consistent
Be disciplined

Honor the Body



And I said to my body, “I want to be your friend.”
It took a long breath and replied...
“I have been waiting my whole life for this.”

Self-Care for the Body



Be kind to your body

Take care of your body on the outside and inside

Get enough sleep

Move

Breathe

Exercise

Stretch

Eat healthy foods

Address health concerns

Listen to your body

Connect with your body upon waking and before bed

Nourish the Spirit



Self-Care for the Spirit



Learn to say “no”

Learn to say “yes”

Do what you love

Be around others who do what you love

Be alone to rejuvenate

Be still to connect with your soul

Listen to your soul

Meditation

Decompress

Do something for someone else

Do something for only you

Herbs for Overall Wellness



LEMON BALM

depression, anxiety, nervous disorders, viral and bacterial infections

CHAMOMILE

tension, colic, inflammation, muscle spasms, indigestion

RED CLOVER

respiratory infections, blood and lymphatic cleanser

ASHWAGANDHA

energy, reproductive health, cognitive health, blood sugar, immune system

BOSWELLIA (FRANKINCENSE)

Inflammation, blood sugar, respiratory system, skin, digestive tract, joint health

HOLY BASIL (TULSI)

environmental, physical, emotional stress; tranquility, relaxation



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“My Special Tea”

DIRECTIONS

- Use 1 teaspoon of herbs per each cup of tea
- Put herbs in a ceramic or glass container with a lid
- Pour boiling water over the herbs and cover
- Steep for 10-15 minutes or until desired taste
- Strain and ENJOY!



HERBS

LEMON BALM

depression, anxiety, nervous disorders, viral/bacterial infections

CHAMOMILE

tension, colic, inflammation, muscle spasms, indigestion

RED CLOVER

high in beta-carotene, calcium, C and B vitamins: respiratory infections, blood and lymphatic cleanser, menopausal symptoms

RASPBERRY LEAF

high in vitamin C, calcium, iron: tightens and tones tissues, digestive tract and gums, "the women's herb"

LAVENDER

antidepressant, relaxing, calming, tension, stress, insomnia

PASSION FLOWER

stress-induced hypertension, relaxant, insomnia, anxiety, irritability

HIBISCUS

hypertension, sodium, cholesterol, capillaries, blood sugar, liver