

Self-Love

A rebellious act

The
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Podcast 

Why self-love?

Self-love is a key strategy in caring for your mental health.

Our mental health refers to how we think, feel, react, behave and interact with our environment.

Looking after our mental health gives us the skills to roll with the punches and handle the storms that brew around us from time to time.

Mental health is not about being positive and happy 100% of the time; it is about being able to face what comes your way with emotional intelligence.

Our attitude and emotions should match the experience we are dealing with. Our ability to think and act in a positive, realistic and helpful manner whilst facing daily stresses means we get through life with less drama.



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Why self-love?

Self-love refers to a set of skills and strategies that we put in place to nurture our mental health. Doing things that make us feel good and avoiding things that make us feel bad.

Consistency is key to self-love and its continual evolution. We need to practice self-love daily and build on our rituals and routines. There is no end to this journey you have begun, it can take a lifetime to master and evolves as you change.

Be kind to yourself

Be realistic

Be your own support team

Allow yourself to be human



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Fill your cup



You have probably heard this term, and if you are in my circle, you definitely have heard it.

Filling your cup refers to giving yourself time and energy to ensure that you do not burn out. It looks different to everyone: it is what makes you come alive, feel grounded and whole.

When the air hostess says put on your oxygen mask first, this is the same principle as filling your cup. You cannot be there for others if you are not taking care of yourself.

How to fill your cup is different for everyone because each of us finds joy in our own ways. What are some of the things that light you up, make your heart sing or put a spring in your step? These are the things you need to do more of to fill your cup.



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Fill your cup



These activities serve little purpose but to bring joy. We don't get paid for them, we don't get applause or a certificate of achievement. They add sparkle to our daily grind, glitter to the monotonous and fill your cup to the brim.

Homework

Write a list of things you love doing. I want you to put it pride of place on your refrigerator.

Anytime you are feeling lost or depleted, choose an activity from your list to top you up.

Need some ideas?

Go for a walk, draw, run a bubble bath, listen to music or a podcast (we know a good one), meditate, do yoga, colour in, call a friend, or do a crossword.

We will use this list again later in the book.



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To Do Lists



I'm a list maker. If I don't have a grocery list I forget what I needed and come home with a six-person tent from Aldi's Special Buys.

Adulting comes with a tonne of little demands.

Jobs niggle at us and make us live in our heads. We stop enjoying the little moments when we are too busy thinking about all the things that require our attention. It's exhausting.

These little jobs have been taking up too much real estate in your brain, space you need for filling your cup.

Whenever I feel like I am living too much in my head, I grab a pen and paper and write it all down. The demands always seem more manageable when I write them down. Seeing what needs attention is a huge relief, and I can prioritise tasks.



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To Do Lists



Clutter and living in a disorganised environment can have four major psychological effects on us.

1. Stress and raised cortisol levels
2. Feelings of shame and inadequacy
3. Distraction, anxiety and overwhelm
4. Reduced quality of sleep

All of these feelings deplete your cup and have you heading for burnout. Stress is a major factor in most lifestyle diseases.

I suffer from Irritable Bowel Syndrome (IBS), and stress is a major contributor. Stress comes at us from the environment, food, our thoughts and feelings.

Raised cortisol levels wreak havoc on our adrenal system, keeping you in fight-or-flight mode.



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To Do Lists



Homework

This week's task is to walk through your house and write down all the jobs that need your attention. Are there any appointments to make, paperwork to file, bills to pay? Use this exercise as a massive brain dump.

Do the kids still fit into their swimmers/jackets?

How long has it been since the kids went to the dentist?

Has the dog been wormed?

What is in that box under the hallway sideboard?



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To Do Lists



Now you have your list, choose one thing and cross it off straight away. This is how we build momentum: start with the smaller, quickly achievable tasks and build up to the larger ones.

If one of the larger jobs is clearing out the garage - break it into smaller chunks. Section the garage and work on one section at a time. This is a great tactic to use with the kids and their bedrooms too. Put on some music and get the family involved. Give the kids specific jobs, break their tasks down even smaller so they achieve success before you lose your patience and they ask for screen time.

Have items on your list that need to be done by a specific date? Write them into a calendar and keep track of how you are progressing to ensure you make the deadline.

This is a fluid list. It will shrink and grow as the demands of life present themselves.



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You time



Do you get any time during the day to yourself?

As our lives become increasingly busy, we can find it hard to even think there could possibly be a sliver of time to be by ourselves. Every room you walk into requires your attention, dishes, laundry, toys, bills to pay, the constant mum, mum, mum... It can be relentless. (TBH ~ I haven't been to the toilet without an audience since 2004).

Mornings are a great time of day to sneak some time for ourselves. Waking up before the rest of the house, coffee, tea or cacao in hand - you have time to seize your day.

The house is eerily quiet before everyone else wakes up, your mind can focus on one thing at a time and you can plan for the day ahead.



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You time

My challenge for you this week is to wake 15 minutes earlier than usual, 30 minutes if you are feeling it. Set an alarm, and do not press SNOOZE.

If you are not usually a morning person, this can be a big push. Bribe yourself. Yes, Bribe yourself. Is there a special little coffee spot you can treat yourself to on your way to work? This can be a daily reward or a weekly reward, depending on the level of motivation required.

Homework

Wake early each morning for an entire month. Track how much you have been able to accomplish in your early mornings.

Write down all the things you got done, that would have still be sitting on your to do list.



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Gratitude

We all get caught up on the pressures of life and don't take the time to be grateful for all that we have. There is always the next thing to be thriving for; the bigger house, the nicer car, the promotion, the holiday you have been saving for.

What about right now?

Gratitude has been one of the best practices I have embraced into my life. It gives me clarity on where I am right now. I talk a lot about being in my head - stuck in my thoughts - and gratitude is a great way to bring me back.

Newtown's universal law ~ Every action has an opposite and equal reaction.



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Gratitude

In this case, ~ Give gratitude and receive abundance.

Notice how some people seem to get a raw deal in life? How do you know they are getting a raw deal? Because they complain to everyone who will listen.

They are so busy focusing on the negative in their lives that they attract more. The cycle of bad luck continues as they are putting the thoughts out into the universe.

The reverse is true too. Let the universe know how grateful you are and abundance comes your way. In following weeks we will delve more into the law of attraction and the universe.

First stop is gratitude.



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Gratitude

Homework

Start each day by focusing on the positive. I got caught up in this when I first started and ended up writing the same thing every day, just ticking that gratitude box off my to-do list.

Write down five things you are grateful for. Even on days when you feel you couldn't possibly be grateful for anything, dig deep and see how it turns your day around.

What did you accomplish today?

A teacher or mentor you are grateful for?

A simple pleasure you are grateful for?

A place you have travelled to?



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Gratitude



Look out the window, what's out there that you are grateful for?

Something you are looking forward to?

What have you been given that you are grateful for?

What artist, author or musician are you grateful for?

What do you like about your job?

A family member you are grateful for?

A friend that you are grateful for?

What is an accomplishment you are proud of?

What is an accomplishment you are proud of?



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Mindfulness



When I first heard of Mindfulness, I went all in and went to a bunch of workshops to learn what it was all about. Every workshop was the same, lay on the ground, deep breaths, listening to someone telling me what part of the body I should be focusing on. The entire time I was fidgeting, my mind wanted to be anywhere but on the floor breathing.

I have since come to understand that mindfulness, is about being present. No matter where we are or what we are doing, we are paying attention in the moment, being fully engaged. All the skills in this self-love program are acts in mindfulness. Going about your daily life with intention. Turning off the auto-pilot and starting to live your best life.

A great way to get yourself into a mindful state, is by taking a big deep belly breath. This is also a great practice for when you are experiencing drama or conflict.



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Mindfulness



By taking a deep breath, you give yourself time to reset and can respond to the situation instead of reacting and making the situation worse. Being mindful won't reduce your stress, but it will allow you to react calmly. This does not mean you will not be angry or upset, but, you will be able to respond more rationally.

Mindfulness becomes a way of living. Whenever you are feeling on autopilot or caught in your thoughts, you can bring yourself back by being mindful.

My favourite mindfulness activity has been incorporating a loofah and body wash to my shower routine. The scent of body wash, teamed with the scratchy lather of the loofah, is a great way to zone in and shower myself with love and care.



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Mindfulness



I also now put my phone away when I am waiting in a queue. Instead of scrolling, I resist the urge, and I take in the sights and sounds. People watching lights me up, so why not do two of my self-love strategies at once?

Homework

This week, I want you to choose one activity where you can practice being mindful.

In the shower, brushing your teeth, eating breakfast, washing the dishes, hanging the laundry on the line. It does not need to be something that takes a long time. Short bursts of mindfulness throughout the day are perfect.

Whatever you choose, I want you to really hone in on the sights, smells, tastes, sounds and feel of the activity.

We will be using this technique next week, too.



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Dream Life Interview



Have you heard about the law of attraction? I briefly mentioned it before, and now we are going to dive in deep.

The law of attraction is a universal law: what you put in, you will get out. Our thoughts and actions lead us to what we want and desire - manifesting what we want into fruition. It's a little woo woo, and I generally don't step into the realm of woo, but hear me out.

It's the power of our thoughts turning into reality.

With this much power in the universe, we need to make sure we are telling it what we really want.



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Dream Life Interview



For instance, if I told my husband I wanted a new dress, do you think he would come home with the dress I was imagining?

I highly doubt it.

It would quite possibly be the wrong colour, wrong size and wrong style.

Homework

Grab a pen, paper and your list of things you love to do.

We are going to write about our dream life.



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Dream Life

Interview

As you answer these questions, I want you to visualise your dream life, make sure the universe knows the specifics.

Where do you live? What is the best thing about this location?

What does your accommodation look like? i.e. colour scheme, style, size, must-haves. How does your home make you feel?

Have you been travelling? Where did you go? What did you do? Who went with you? What was the highlight of the trip?



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Dream Life Interview



How do you fill your cup? What rituals do you have in place to look after your beautiful body? Walks on the beach, yoga, great sex?

What do you do for money?

Who do you surround yourself with?

How do you feel being yourself and being completely celebrated and loved for being you?



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My why?

I've spent most of my life on autopilot, just getting shit done.

I was regularly asked how I was always so positive and happy.

Truth was, I wasn't: it was the mask I wore.

I was putting everyone else's needs before my own, including every person I met.

I had the mask of positivity plastered on my face to make sure everyone around me felt positive and happy when they saw me.

I am here to tell you right now, what you see is what you get. I am still riding the storm, but I now have the tools to navigate them and know that I will get out the other side, maybe a little worse for wear, but I'll be standing.

LIKE A QUEEN!