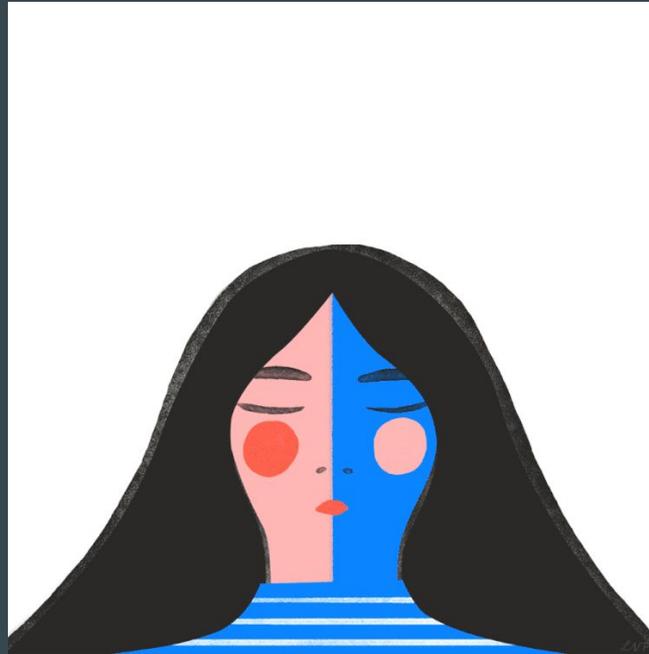


# SELF CARE FOR WOMEN

*mindfulness, healthy bodies, clean beauty*



*Animation by the amazing Libby VanderPloeg*

*Your Guide :: Laena McCarthy :: [ladyboss@anarchyinajar.com](mailto:ladyboss@anarchyinajar.com) :: [www.anarchyinajar.com](http://www.anarchyinajar.com)*

# *Foundations + Ritual + Practice = Resilience*



We cannot avoid suffering, but self-care is a way to strengthen ourselves, build resilience, and solidify our inner core, so that we can deal with the bad stuff when it comes at us.

*Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.*

*—Audre Lorde, A Burst of Light (1988)*

# *What We're Learning Tonight*

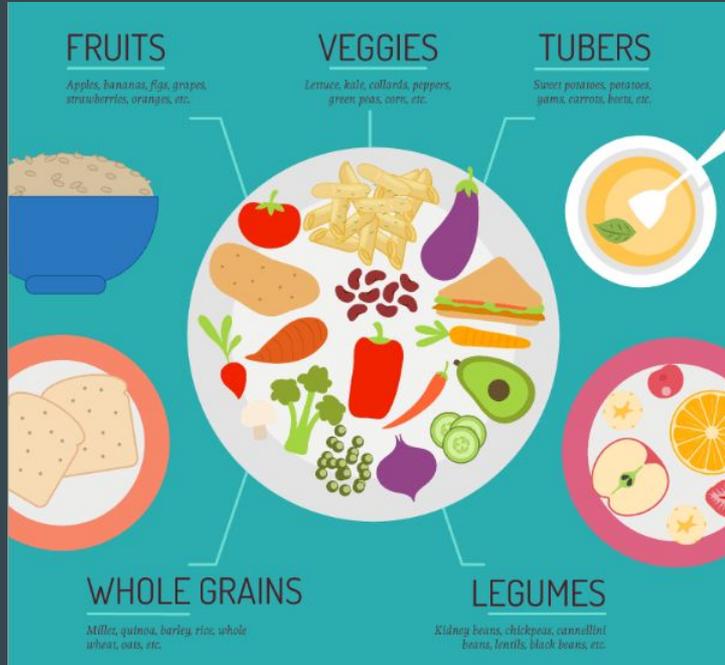
## PART I :: FOUNDATIONS

1. **FOOD FOR HEALTH + BEAUTY**  
Eating to feel good, look good, cure basic maladies
2. **HERBS**  
Using herbs to balance hormones, improve skin
3. **ESSENTIAL OILS**  
Safety, use, recipes for aromatherapy
4. **CYCLES + FERTILITY AWARENESS**  
Knowledge, cycle tracking, balancing hormones

## PART II :: RITUALS

1. **DAILY RITUALS**  
Using the foundations from Part 1
2. **MINDFULNESS EXERCISE**  
Training yourself to relax
3. **MEND ME MINUTES**  
We'll do my basic ritual of massage, stretching, meditation
4. **POW-WOW**  
We'll have the last 15 minutes or so to connect, ask questions and reflect

# Foundation #1 - Food



1. **EAT PLANTS**  
fruits, vegetables, tubers, whole grains, legumes
2. **HEALTHY FATS ARE GOOD**  
shiny hair, glowing skin, digestion  
avocado, coconut, fish (omega 3s), olive oil
3. **EAT FERMENTED FOOD**  
enzymes, b-vitamins, Omega-3 fatty acids, probiotics  
kimchi, kombucha, tempeh, miso, natto, yogurt
4. **BE YOUR OWN KITCHEN PHYSICIAN**  
maintain health + fix common maladies with food

# THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health

*tune out the 'health' products industry =  
tune in to your body*

## 1. EAT PLANTS

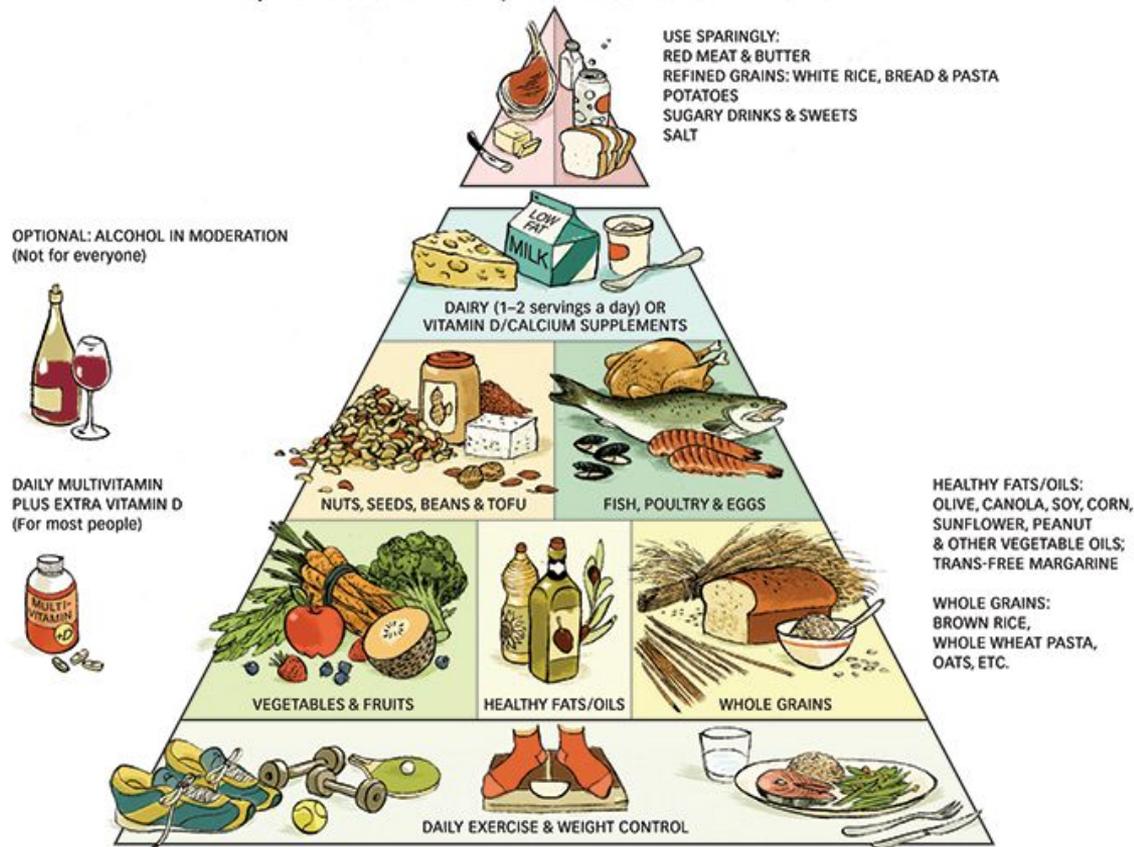
- Good for the environment
- Good for your heart
- Good for your overall health

### HOW?

- Go meat free 3-days a week
- Make smoothies with kale or spinach
- Keep your plate colorful
- Join a local CSA (community supported agriculture) to get fresh local veggies weekly, while meeting others in your community

## 2. HEALTHY FATS ARE GOOD

The 80s low-fat industry was bullshit  
avocado, coconut, fish (omega 3s), olive  
oil, yeah, even butter



For more information about the Healthy Eating Pyramid:  
[WWW.THE NUTRITION SOURCE .ORG](http://WWW.THE NUTRITION SOURCE .ORG)

*Eat, Drink, and Be Healthy*  
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)  
Free Press/Simon & Schuster Inc.  
Copyright © 2008

### 3. EAT FERMENTED FOODS

*Fermented Foods Are Awesome*



*Do the Kimchi Dance*

- “Recent scientific investigations have supported the important role of probiotics as a part of a healthy diet for humans as well as for animals and may be an avenue to provide a safe, cost effective, and natural approach that adds a barrier against microbial infection.”
- *Journal of Applied Microbiology*

#### HOW DO I EAT FERMENTED FOODS?

**BUY OR MAKE ::**

Kimchi, kombucha, sauerkraut, kvass, tempeh, miso, natto, yogurt

#### WHAT IS FERMENTATION?

1. Sit + steep until the sugars & carbs become bacteria-boosting agents
2. Preserves them for a longer period of time (you can make a large batch of it and have a ready-to-eat dose of microflora at your disposal)
3. Increase of antibodies + a stronger immune system, regulate appetite

# 4. BE YOUR OWN KITCHEN PHYSICIAN



## Effective Home Remedies for Common Ailments

Instead of purchasing expensive and often ineffective pharmaceuticals with side effects, try these effective home remedies.

### 01 Acne



**Oatmeal** is beneficial in reducing acne because it cleanses your skin pores and absorbs excess oil

- Mix 1 tsp of honey and the juice of ½ a lemon in a cup of cooked oatmeal
- Rub this mixture over your skin.
- Leave it on for 30mins and then rinse with lukewarm water.
- Do this once or twice a week.

### 03 Toothache



**Salt and Pepper** Salt mixed with pepper can be of great use when a tooth becomes sensitive as both the ingredients have antibacterial properties, anti-inflammatory and analgesic properties.

- Mix equal amount of pepper and common salt with a few drops of water to form a paste.
- Apply the paste directly on the affected tooth and allow it to sit for a few minutes
- Do this daily for several days

### 02 Earache



**Garlic** The analgesic and antibiotic properties of garlic can help reduce earache caused by an ear infection

- Heat one teaspoon of minced garlic in two tablespoons of sesame oil.
- Cool and filter the oil.
- Put 2-3 drops of this garlic oil in the aching ear.
- Another option is to extract the juice out of a few cloves of garlic and put it into the ear that hurts.

### 04 Dandruff



**Coconut oil** helps eliminate dandruff due to its antifungal properties. It also moisturizes dry scalp and provides relief from itching.

- Take some coconut oil and mix half the amount of lemon juice in it.
- Rub it on your scalp and massage for a few minutes.
- Wash your hair after 20 minutes
- Follow this remedy two to three times a week

### 05 Sore throat



**Gargle with salt water** By gargling with salt water you decrease the swelling in your throat, as salt's primary function is to draw out water, which in turn shrinks the swollen cell and eases the pain.

- 1 cup of warm water (8 oz.)
- ½ teaspoon of table salt
- Heat water until it's warm, but not hot. Thoroughly mix in salt. Gargle. Repeat 3 throughout the day as needed.

### 07 Constipation



**Olive oil** stimulates your digestive system, which helps get things moving through your colon, and taken regularly it can prevent constipation as well. You will need...

- 1 tablespoon of olive oil
- 1 teaspoon of lemon juice (optional)
- In the morning consume one tablespoon of olive oil. It works best on an empty stomach, so have it before you eat anything else.
- If you forget, wait until later when you haven't eaten for a while. You can mix it with a little bit of lemon juice if you like to lighten the flavor.

### 06 Indigestion



**Apple cider vinegar** is often used to kick start a slow stomach. Though acidic in nature, it also has an alkalizing effect that helps settle indigestion.

- Add one tablespoon of raw, unfiltered apple cider vinegar to a cup of water.
- Mix in one teaspoon of raw honey.
- Drink this solution two to three times a day for quick relief.

### 08 Cough



**Thyme** relaxes the muscles of the trachea and bronchi, and also opens up airways. The result is less coughing, and increased comfort. You will need...

- A handful of fresh thyme sprigs OR 2 tablespoons dried thyme
- 8 ounces of fresh water
- Honey or lemon (optional)
- Lightly bruise the thyme, with a mortar and pestle, and then place in a mug. Cover with 8 ounces of boiling water, cover, and let it steep for 10-15 minutes.
- Add some lemon or honey to taste, and drink the whole thing. Repeat 2-3 times daily as needed.

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- Add some lemon or honey to taste, and drink the whole thing. Repeat 2-3 times daily as needed.

### 09 Common Cold



**Spice tea** is a highly beneficial Ayurvedic remedy to get rid of common cold.

- Dry roast and grind a quarter cup of coriander seeds, and a half tablespoons each of cumin and fennel seeds, and a quarter teaspoons of fenugreek seeds.
- Now, boil a cup of water.
- Add one and a half tablespoons of this spice powder and one and a half teaspoons of rock candy (misri).
- Let it simmer for three to four minutes.
- Add two tablespoons of milk.
- Bring the solution to a boil and then strain it.
- Sip it slowly while it is hot.
- Drink this spice tea daily until the symptoms subside.

### 10 Headache



**Essential oils—especially lavender**

- Essential oils especially lavender can help ease tension and relieve the pain of a headache.
- Gently massage a bit of lavender oil onto your forehead and temples, then lie back and enjoy the relaxing scent.
- For maximum relief, slip away to a room that's cool, dark, and quiet.

Infographic compiled and created by Knowledge Weighs Nothing: [knowledgeweighsnothing.com](http://knowledgeweighsnothing.com).

*Food is medicine*

*Cheap  
No Side Effects  
Prevents Cures  
+ Feels Good!*

*Beware of Snake-Oil Self-Care*  
 Stickers + Pills + Packets + \$\$ ≠ Resilience

**CRACKED.com**

**Gwyneth Paltrow's website has been caught selling fake "healing" body stickers she claims are made from "NASA space suit material."**



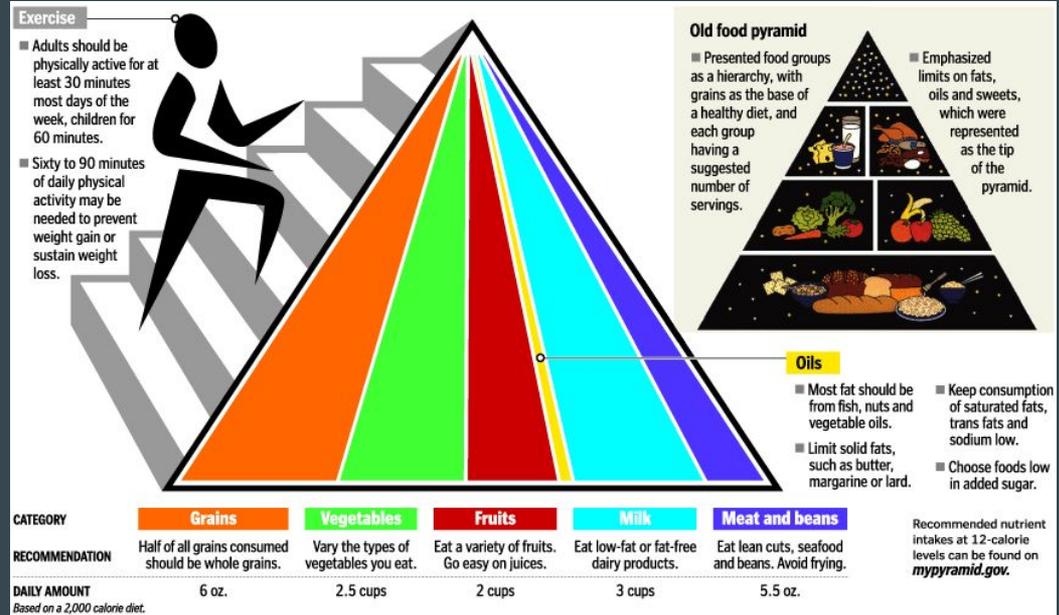
Not only do the stickers not contain healing magic, but NASA says even the space suit part isn't true.

The stickers are **\$60 a pack.**



*We All Know What's Good for Us*  
 Not easy, not magic, but attainable and real  
 And it goes hand-in-hand with self-awareness

Exercise + Whole foods + Plants + Mindful practice  
 = Strength + Resilience



## Foundation #2 Herbs

Target imbalances + Balance hormones  
(sleep, thyroid, skin irruptions, digestion)

1. Inside
2. Outside

# Herbs

## INSIDE

### 3 ways to take herbs:

#### TEA or INFUSION

Teas and infusions are made by steeping flower & leaf herbs in a covered vessel of hot freshly boiled water. So easy!

For hard, woody herbs, a *decoction* is made by a prolonged cooking method resulting in what the Chinese call a tang or "soup." Heavier substances, including hard roots, branches and minerals are boiled (decocted) specifically to extract their deeper constituents.

#### POWDERS + PILLS

Powders are either made into a paste and mixed with water to make a tonic/tea; or put into pill capsules to consume. Pills are the least effective way to take herbs as they are harder to assimilate – best for bitter herbs.

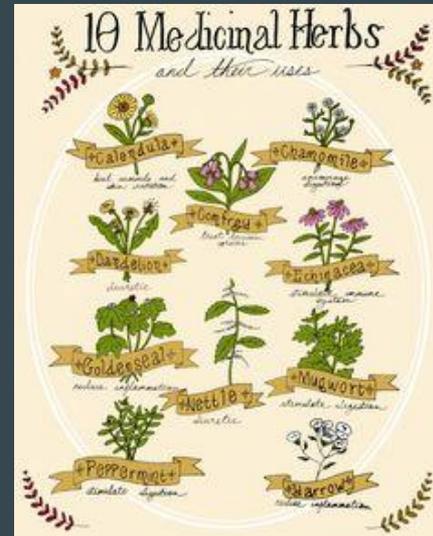
#### TINCTURE

Soaking an herb in alcohol, vinegar, or glycerine yields extracts and this method is called "simplic." They're easy to make and to take!

## A Woman's Healing Herbs

<b>Ginger</b> (ZINGIBER OFFICINALE) Root  EMENAGOQUE ANTI-SPASMODIC ANTI-INFLAMMATORY Morning Sickness Missed Periods Indigestion  Avoid high doses during pregnancy	<b>Vervain</b> (VERBENA OFFICINALIS) Leaves & Flowers NERVE TONIC ANTI-SPASMODIC RELAXANT  Migraine Anxiety Depression Menstrual Cramps Avoid in Pregnancy	<b>Marigold</b> (CALENDULA OFFICINALIS) Flowers ANTI-FUNGAL HEALING EMENAGOQUE Thrush Soreness in Breast-feeding Delayed Periods  Avoid in Pregnancy	<b>Chinese Angelica</b> (ANGELICA SINENSIS) Dried Root Dang Gui  EMENAGOQUE ANTI-SPASMODIC TONIC Painful or Missed Periods Avoid high doses in pregnancy and if DIABETIC Fresh roots are poisonous.	<b>Chamomile</b> (MATICARIA CHAMOMILLA) Flowers ANTI-SPASMODIC CALMING SEDATIVE ANTI-FUNGAL Thrush Anxiety Insomnia Menstrual Cramps  Avoid in pregnancy (except during labour) DO NOT USE IN HIGH DOSES Most used herbal HRT alternative in Germany	<b>Black Cohosh</b> (MILICIFUGA RACEMOSA) Roots & Rhizomes  ANTI-SPASMODIC TONIC HORMONE BALANCER Menstrual Cramps Menopause Contractions Avoid in pregnancy (except during labour) DO NOT USE IN HIGH DOSES Most used herbal HRT alternative in Germany
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*Calendula*  
*Chamomile*  
*Comfrey*  
*Echinacea*  
*Dandelion*  
*Goldenseal*  
*Nettles*  
*Mugwort*  
*Peppermint*  
*Yarrow*



# Medicine Can Be Tasty

Drinks that make you feel good



## Love Your Lady Parts Tea

For hormonal balance, digestion, liver, skin, kidneys, immune system

1 tea infuser filled with herbs: vitex,  
nettles, raspberry leaf  
1-inch piece of ginger, grated or sliced  
1 teaspoon coconut oil  
1 teaspoon honey  
1 teaspoon turmeric  
Add 1 cup hot water, let sit for  
60-minutes, then heat 1 cup almond or  
nut milk and add, stir, sip

# Herbs

## OUTSIDE

Infuse oils with herbs to create healing skin tonics, moisturize, reduce acne, scarring and age damage

Laena's Acne + Acne Scar Remedy:

Preparation: Make (or buy) a cleansing oil: 1 part castor oil to 3 parts carrier oil like sunflower -- infuse calendula flowers + witch hazel leaves in the oil for 2 weeks. Strain and use. [You can buy it on my website if you don't feel like making it].  
Make or buy apple cider vinegar toner: 1 part apple cider vinegar to 4 parts water.

- A) Massage your face with the oil, which removes dead skin, reduces the production of acne-causing sebum, cures inflammation related to it, and keeps the acne-prone skin sufficiently moisturized (key to oil control)
- B) DIY sink facial: remove the oil with a steamy washcloth by soaking it in hot water, then hold it over face for a minute to steam open pores, then gently wipe clean; repeat this a few times (soak in hot water, steam face, wipe face)
- C) Finish by dabbing face with apple cider vinegar toner to balance the skin's pH and reduce inflammation.

My clients are usually acne free with major scar reduction in 6-weeks with this regimen.

Self-care is about feeling good,  
Being empowered through health,  
Using plants to fight bad juju,  
Building resilience by becoming  
stronger, smarter, healthier, more  
fulfilled, more grounded, more you.  
It's not a formula, it's not for sale.

# EASY HOME REMEDIES FOR TREATING DRY SKIN IN THE WINTER

BY YUMI SAKUGAWA

## TREAT YOUR DRY FACE



USING COMMON KITCHEN ITEMS,  
CREATE A FACIAL MASK TO REJUVENATE  
YOUR DRY FACE. APPLY FOR 15 MINUTES  
AND RINSE OFF.



GREEK YOGURT MASK



AVOCADO MASK  
(MASH AVOCADO FRUIT INTO  
A PASTE)



PAPAYA + BANANA MASK  
(MASH FRUITS TOGETHER  
INTO A PASTE)

## TREAT YOUR DRY HANDS



APPLY ANY OF THE FOLLOWING  
DIRECTLY ON YOUR HANDS:

- \* OLIVE OIL
- \* COCONUT OIL
- \* COCOA BUTTER
- \* SHEA BUTTER



## TREAT YOUR DRY FEET



GIVE YOUR FEET A  
MILK BATH. ADD POWDERED  
MILK TO BOWL OF WARM WATER  
AND SOAK FOR 15 MINUTES



ADD 1/2 CUP BAKING SODA  
FOR EVERY GALLON OF WATER  
TO BOWL AND SOAK FEET  
FOR 15 MINUTES.



BEFORE GOING TO BED,  
APPLY HYDROGENATED  
VEGETABLE OIL TO FEET.  
WEAR THICK COTTON  
SOCKS. REPEAT FOR  
SEVERAL NIGHTS.

## TREAT YOUR DRY BODY



GRIND 1 CUP OF UNCOOKED OATMEAL  
INTO A FINE POWDER WITH A FOOD  
PROCESSOR. ADD OATMEAL TO  
BATH WHILE WATER IS RUNNING.  
SOAK YOURSELF AND ENJOY...



AFTER SHOWERING OR  
TAKING A BATH (MAKE  
SURE THE WATER IS NOT  
TOO HOT), APPLY GRAPE  
SEED OIL LIBERALLY  
ON YOUR SKIN TO HELP  
RETAIN MOISTURE.

# cleaning up cleaning up

## Cosmetics are not regulated in the US

European Union bans 1,300 ingredients from cosmetics :: USA bans only 11

Many "organic" products actually contain as little as 10% organic ingredients

Our skin is our body's largest organ, and whatever we put on our skin is entering our bloodstream

Our skin absorbs 60% of any topical product we use

The average woman in America wears nearly 520 chemicals a day

## You can clean up your beauty routine

LESS IS MORE :: less mess, less toxins leave more room for the good stuff in your life

## You can do this for CHEAP

Gameplan: Use a simple shampoo like Aubrey Organics or Jason; Castile soaps like Dr. Bronner's; Use natural food grade oils and herb infused ACV toner to clean, tone, and moisturize; Use simple kitchen staples for masks (yogurt, oatmeal, avocado).

# Foundation #3 Aromatherapy

relieve stress, ease pain, relax

## ESSENTIAL OILS

Essential oils are organic compounds extracted from plants using steam distillation.

Using essential oils for healing purposes is often called aromatherapy, a holistic treatment seeking to improve physical, mental and emotional health.

For over 5,000 years, many different cultures have used these healing plant oils for a variety of health conditions. They are often used for relaxation, beauty care, home cleaning and most often used as natural medicine.

Just adding some of the most common essential oils like lavender, frankincense, lemon, peppermint and tea tree oil to your natural medicine cabinet can:

- Fight cold and flu symptoms
- Relax and soothe sore muscles
- Balance hormones
- Improve digestion
- Clean your home
- Protect against bugs

Source is "essential"

TRUTH: If it's cheap, it's fake

65 pounds of rose petals = 1 single 15ml bottle  
of rose essential oils!

$\frac{1}{4}$  OZ = \$112

(yeah, if it's \$12, it's counterfeit)

## Best uses:

- Mood boosters
- Relaxation and sleep

## Bug repellent

- Have kids? Tea tree oil = effective lice repellent
- LIKE TO HIKE OR BE OUTSIDE? Tick repellent = Tea tree oil + eucalyptus + lemon

10

## ESSENTIAL OIL BLENDS

for Aromatherapy Roll-ons

HELLONATURAL.CO



7 drops Roman Chamomile + 5 drops lavender

= GOOD NIGHT SLEEP TIGHT



2 drops Ginger + 1 drop Black Pepper + 4 drops Peppermint + 5 drops Eucalyptus

= SORE MUSCLES BLEND



6 drops Clary Sage + 4 drops Lavender + 2 drops Lemon

= STRESS BLEND



4 drops peppermint + 2 drops frankincense + 4 drops lemon

= WAKE-ME-UP



6 drops Rosemary + 4 drops lemon + 2 drops Peppermint

= CONCENTRATION



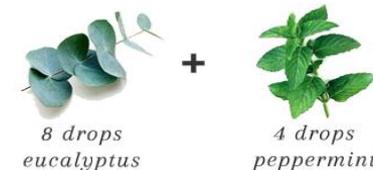
8 drops Orange + 2 drops Ylang ylang

= WINTER BLUES



8 drops Sandalwood + 2 drops Jasmine

= APHRODISIAC BLEND



8 drops eucalyptus + 4 drops peppermint

= HEADCASE & SINUS RELIEF



5 drops peppermint + 4 drops cypress + 3 drops lavender

= CRAMP RELIEF



6 drops lavender + 6 drops tea tree

= MINOR BOO BOOS

# Foundation # 4 *Cycle + Fertility Awareness*

## KNOWLEDGE IS POWER

### LEARN HOW YOUR CYCLE WORKS

How many days is your cycle? When do you ovulate, bleed, PMS? Get to know your cycles so you can control and support your fertility

### BALANCE YOUR HORMONES

Hand in hand with learning your cycle is balancing your cycle. If you are missing periods, suffer from PCOS, low thyroid > these can be treated with herbs, diet, exercise

### CONTROL YOUR FERTILITY

Once you start doing the above, you can control when (or if ever!) you get pregnant. You can diminish the effects of menopause by balancing your hormones and estrogen levels with herbs, diet and exercise

# How Your Cycle Works

Your cycle begins on the first day of your period (CD1) and lasts 29 days on average.

## THE MENSTRUAL CYCLE CONSISTS OF 2 PHASES

### 1. PRE-OVULATORY (FOLLICULAR) PHASE

In the first phase, the follicular phase, your body temperature is a little lower

### 2. POST-OVULATORY (LUTEAL) PHASE

Progesterone causes your temperature to rise in the second luteal phase, once ovulation has occurred

These are separated by ovulation.

Your body temperature usually rises by 0.2-0.45 °C due to the increase of progesterone hormone levels.

This is the main indicator that determines when you are ovulating.

Another optional indicator is the Luteinizing Hormones (LH) which surge just before ovulation occurs.

Women can only get pregnant on 6 days maximum in one cycle. These fertile days include the day of ovulation and how long sperm can survive within the body.

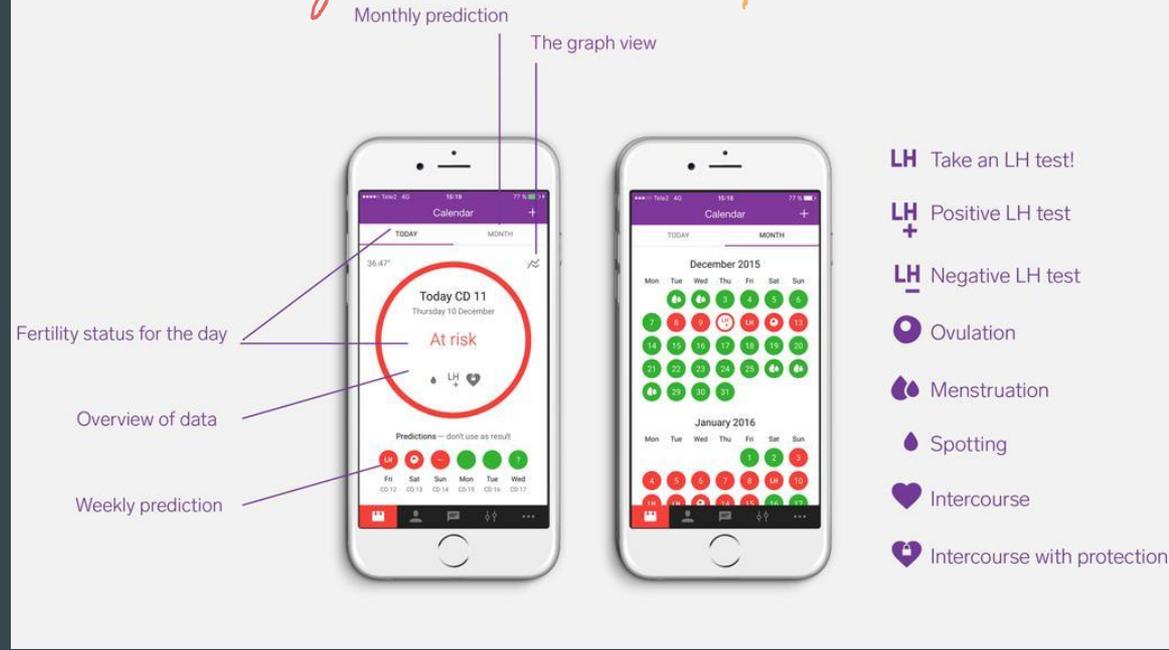
# What is Fertility Awareness?

- Fertility Awareness is natural birth control without drugs or devices (except your phone)
- Combines cycle tracking, basal body temperature data, cervical mucus data, etc.
- To be birth control, you combine **all** and any data on your cycle to create a database of **you**
- **IS NOT** the “pullout method”, aka “withdrawal”
- Cycle tracking apps (like Clue) vs. contraception apps (like Natural Cycles)
- Natural Cycles is the only app that is a certified medical device in the EU, backed by clinical research

*Clue :: tracking*



*Natural Cycles :: contraception*



# FIX HORMONAL IMBALANCE WITH SELF CARE RITUALS

## SYMPTOM: Heavy, frequent bleeding

- For a few cycles, more frequently, lasts longer, very heavy

### COMMON CULPRITS

Polycystic ovarian syndrome (PCOS)  
Perimenopause  
A health condition or infection

## RESTORE BALANCE THROUGH SELF-CARE

- Reduce body fat and increase nutrition through plant-based diet and exercise
- Manage stress through meditation, massage, essential oils
- Herbs: vitex or black cohosh; as tincture, tea, or supplement
- Abdominal massage
- Yoga

## SYMPTOM: Light, infrequent periods

- For a few cycles, or frequently no menstrual flow

### COMMON CULPRITS

Low hormone levels  
Insufficient nourishment  
Early menopause

## RESTORE BALANCE THROUGH SELF-CARE

- Increase nutrition through plant-based diet and exercise
- Manage stress through meditation, massage, essential oils
- Sleep well. Aim for at least 7 1/2 hours
- Herbs: dong quai, vitex, raspberry leaf, skullcap
- Abdominal massage
- Yoga: During your period do forward bends to reduce tension on abdomen, boost circulation

## Part II :: Daily Rituals

### TO FEEL GOOD AND FORTIFY YOUR INNER + OUTER SELF

- Yoga asana (including digestive series, sun salutes, restorative sequences or other practices)
- Self massage and oiling (whole body or just a focus area)
- Stretching
- Active contemplation (i.e., walking with focused breathing & awareness)
- Communing with nature (like, sitting outside on your stoop while drinking tea, listening to the birds)
- Journaling
- Taking daily herbs
- Meditating
- Visioning
- Praying
- Reading that builds awareness of self
- Pranayama (controlled breathing)
- Upashaya (drinking hot water with lemon and honey)
- Making/consuming medicinal herb tea
- Chanting
- Gratitude exercises
- Listening to guided meditation
- Sitting in silence and reflecting

# *Laena's Self-Care Rituals*

## Morning

- 13-minute yoga detox sequence (interrupted by toddler climbing on my back)
- Make a green drink
- Drink an ACV digestive
- Make/Drink a ginger, turmeric, almond, herb tea
- Spend 10 minutes journaling – daily aspirations and reflection

## All the time

- 5-minute meditation “I breathe in, I breathe out”

## Before Bed

- Self massage and oiling with my herbal-infused oils (whole body or just a focus area)
- Gratitude exercises
- Listening to guided meditation
- Sitting in silence and reflecting

# Mindfulness Meditation

help relieve stress : treat heart disease : lower blood pressure : reduce chronic pain : improve sleep

alleviate gastrointestinal issues : treat depression + anxiety : become stronger inside : be resilient

*I breathe in,  
I breathe out*

## DAILY PRACTICE

- As you breathe in, think, “I breathe in” and picture your body filling with warm light and good juju
- As you breathe out, think, “I breathe out” and smile as you exhale, feeling all tension and bad juju leaving your body
  
- Do this for 2 minutes, 5 minutes, an hour = whatever you can and wherever to relax and release stress
- Over time, your body learns how to do this quickly and efficiently
- You are training yourself to relax and strengthen your mind + body = be resilient

# 15 Mend Me Minutes

## 5 minutes of self massage

feels good, boosts circulation, relaxes, eases stress and anxiety

## 5 minutes of stretching

Feels good, boosts circulation, strengthens, raises heart rate, relaxes, eases stress /anxiety

## 5 minutes of meditation

Retain brain-function/focus, build inner strength, ease stress +anxiety, be resilient

# Love Letter to Myself

1. One thing you are grateful for
2. A self-care promise
3. What you love about yourself