

LIZ DENNY WELLNESS COACHING

# SELF-CARE 101

A guide to create a self care routine that will work in  
your daily life!



# HI FRIEND!

**CHEERS TO YOU FOR TAKING THIS STEP TO  
BE HEALTHY & HAPPY!**

Self care is so important to create your best  
life!

Learn how to incorporate self care into your  
daily schedule no matter how busy you are!

Learn how to take 5 min each day to  
practice taking care of yourself!

[lizedennycoaching.com](http://lizedennycoaching.com)





Living a healthy & balanced life isn't just about what's on your plate during meal time or what you do or don't do at the gym. True holistic wellness focuses on your emotional, mental, and social health, too. That's why I argue that it is just as important to workout your self care muscle as it is to get your sweat on doing your favorite activity.

If you tend to put yourself at the very end of your priority list, especially when that list gets long, that means you not only are neglecting yourself, but you're also neglecting everyone who relies on you.



Take this moment and set an intention to practice self care each day so you are better prepared to take care of your family & friends, perform better at your job, and so much more! Remember that you need to fill your cup before you can be of service to anyone else!

Time is always an issue, and I get it. We simply don't have enough time in the day to get everything done, so I incorporated self care activities that can take only 5 min, 10 min, 20 min & 45 min. So no matter what your schedule looks like today, you will be able to make time for yourself!



# Simple Self- Care Activities



**5 MIN**

Take 10 slow, deep breaths

Clear your mind & body of any stagnant energy



**10 MIN**

Read a positive book, magazine, or newspaper article.

Change your perspective !



**20 MIN**

Get your journal and start a gratitude list

Learn to appreciate all you have today!



**45 MIN**

Take a long hot shower or bath. Light candles, dim the lights, use essential oils

Pamper Yourself!

*create a  
routine*

## START A DAILY GRATITUDE PRACTICE

Carve out a time each day, (I prefer bedtime) to get your journal and list the things you are grateful for. This allows your mind to focus on all the good you have in your life. This helps you change your perspective & keeps you positive.

## GET MOVING

Movement of any type is good for your mind & body. Exercise of any kind is a good way to release stress, anxiety, & depression.

Movement helps you move stagnant energy throughout your body and brings fresh blood flow to your whole body. Get your body moving each day!

## EAT CLEAN

Eating clean, whole foods is a great way to practice self care. Make yourself a big rainbow salad. Load it with veggies & lean protein. Learn how to nourish your mind & body through food. on a daily basis.

# More ways to Incorporate Self-Care Each Day

5 MIN

Unplug from  
social media

Take a moment  
to slow down  
and be still

10 MIN

Buy fresh  
flowers  
Create a living  
space that  
aligns with  
your positive  
vibes

20 MIN

Give yourself  
a manicure  
or pedicure

Enjoy the  
experience!

45 MIN

Take a Bar  
Method or Yoga  
class, Any kind of  
movement that  
brings you joy will  
do the trick!

Get Moving!



# ABOUT LIZ

Liz is a Certified Health & Wellness Coach, Bar Method & Yoga Instructor, & Personal Trainer specializing in holistic nutrition and fitness. Liz holds a masters degree in clinical psychology and is passionate about combining her formal education with her wide variety of fitness certifications in order to help clients create their healthiest and happiest lives! Liz holds several unique fitness certifications including, 500 E-RYT, Pilates, NASM Personal Training, Corrective Exercise, TRX Suspension Training, and has over 1800 hours of continued exercise and nutrition education. Liz has been coaching for over 10 years and is passionate about incorporating lifestyle changes and physical movement in order to live healthy, happy, and inspired everyday!

