

# The Self-Care Diary

TIME:	SELF-CARE RITUAL:	DETAILS:
6.30am <i>How are you feeling?</i>	Beautiful Breathing	As soon as you wake, find a quiet space. Draw your attention to your breath. Take long, deep, breaths. In through your nose and out through your mouth. Take 10-20 deep breaths. Your body will respond and relax in its own time.
7.00am	Meet the Morning (as the sun rises)	Open your curtains and let the natural light in. Take a few gentle, deep breaths and recognise the blessing of a new day.
7.10am	Lemon Water	Start each day with half a fresh lemon squeezed into a cup of warm water. This ritual will rehydrate your body, boost your vitamin C intake and support your digestive system.
7.20am	Janesce Skin Soaking Ritual (After your morning shower) <a href="http://www.janesce.co.nz/janesce-glow/">www.janesce.co.nz/janesce-glow/</a>	Soaking is so much more than just caring for your skin, there are also huge benefits to your mental and emotional wellbeing.
7.25am	Get Dressed <i>You look beautiful today!</i>	It is important to stick to a routine in these uncertain times. The simple task of changing into your everyday clothes and out of your PJs/house clothes will help you feel a sense of 'norm'. <i>Need a pick me up? Put on that fancy dress, pop on your heels and style your hair!</i>
7.40am	Smoothie Ritual	Bestow Smoothies are the perfect way to sustain your energy and get your daily dose of Bestow products. Find smoothie recipes online at <a href="http://bestowbeauty.com">bestowbeauty.com</a>
Morning	Get Crafty Read a Book Gentle Yoga/Stretching ( <a href="http://yogawithadriene.com">yogawithadriene.com</a> ) Work from Home	Use your morning wisely. It is easy to fall into the trap of turning on the TV, scrolling social media for hours or going back to bed. Keep your mind busy with new hobbies, crafts, nature or work.
10.30am	Time for Tea	Whilst you wait for your tea to steep, take 5-10 slow, deep breaths. Once ready, sit quietly and sip your tea slowly, savouring this moment of blissful pause.

TIME:	SELF-CARE RITUAL:	DETAILS:
Late Morning <i>Be kind to yourself</i>	Call a Friend Bake Go for a Walk Learn a new Skill Batch Cook Meals	Reaching out to friends & family at this time is vital. Keep your lines of communication open, let people know where you are at emotionally and how you are feeling. Remember there is no wrong or right way to feel.
12.00pm	Lunch	Take the time to prepare a delicious, healthy lunch. Using this time to do a cleanse is a fantastic idea. Here at Bestow Beauty we have made our winter cleanse 100% FREE to join for the next six weeks. <a href="https://www.bestowcleanse.com">bestowcleanse.com</a>
1.00pm	Meditation (and an hour of quiet)	Meditation can deepen our spiritual awareness, increase our resilience to stress, connect us to the wisdom of our body, improve our capacity to handle negative emotions and support a clearer and calmer mind. <a href="#">We recommend the Headspace app.</a>
2.00pm	Go Outside <i>Practice social distancing</i>	No matter where you are, make sure you take the time to step outside. Even if this is 5 minutes on your balcony, 10 minutes running around the garden barefoot with your children or dogs, or a long walk in nature.
3.30pm	Time for Tea (and a Bestow Treat)	Whilst you wait for your tea to steep, take 5-10 slow, deep breaths. Once ready, sit quietly and sip your tea slowly, savouring this moment of blissful pause. Add a healthy Bestow treat for a mid-afternoon pick me up.
Afternoon	Read a Book Pilates Crosswords/Sudoku Research a Delicious Recipe for Dinner	If you're struggling to focus your mind, now would be a good time to add a second meditation session into your day. It will help to support a clearer, calmer mind and will set you up for an afternoon of working/creativity.
5.30pm	Dinner	As with lunch, take the time to prepare a delicious, healthy dinner. Don't forget the Bestow Beauty cleanses are now FREE for the next six weeks at <a href="https://www.bestowcleanse.com">bestowcleanse.com</a>
6.30pm <i>How are your family/friends doing?</i>	Dry Brushing & Bath Time Ritual	Run yourself a bath, add a few drops of essential oil and a handful of Epsom salts. Light some candles to create a relaxing atmosphere. Undress and using your body brush, dry brush your skin for 5-10 minutes before relaxing in the bath.

TIME:	SELF-CARE RITUAL:	DETAILS:
7.00pm	Janesce Skin Soaking Ritual (After your evening bath) <a href="http://www.janesce.co.nz/janesce-glow/">www.janesce.co.nz/janesce-glow/</a>	Soaking is so much more than just caring for your skin, there are also huge benefits to your mental and emotional wellbeing.
7.30pm	Blessings Ritual	Download our 14 Days of Thankfulness PDF to practice the art of gratitude at home <a href="http://bestowbeauty.com">bestowbeauty.com</a>
8.00pm	Beautiful Breathing <i>You are a priority</i>	To wind down for the evening, find a quiet space. Draw your attention to your breath. Take long, deep, breaths. In through your nose and out through your mouth. Take 10-20 deep breaths. Your body will respond and relax in its own time.
9.30pm	Bed Time (asleep by 10.00pm)	Any sleep hours prior to midnight are more valuable to the body. Sticking to a sleep schedule will help your body stick to a rhythm. Struggling to sleep? Try our favourite app, <a href="#">Anxiety Release</a> to help you through this time.

We understand that this self-care diary may seem a little daunting at first. So we recommend introducing the rituals into your day slowly. Acknowledge where you start to see gaps form in your routine and choose a ritual to take its place. If you are starting to feel down at any point, choose your favourite ritual to help give yourself a mental boost.