



love

YOURSELF TO HEALTH

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Love yourself – physically, mentally & emotionally

Choose at least one option from each column below and schedule it in the calander template on the following page. Start slowly with one physical, one mental and one emotional activity for the first week, and either increase the time spent doing that exercise per week, or increase the number of self-care activities per week.

PHYSICAL

Gentle Exercise

- Walk at sunrise, lunch or after work
- Try a yoga or tai chi class

Aerobic Exercise

- HIIT, TRX, crossfit, gym
- Jogging, cycling
- Dancing, zumba

Anaerobic Exercise

- Weight training
- Pilates

Nourish Your Body

- Take a packed lunch instead of takeaway
- Eat salads, soups, protein + vegetables
- Increase bone broth, herb teas + water
- Drop the sugar, caffeine, soft drinks + alcohol

Relax

- Take a bath with candles and essential oils
- Go to bed by 9.30pm
- Swim in the ocean or try a float tank session

Socialise (Or Don't!)

- Pick up the phone and call a friend
- Turn down a social engagement you're ho-hum about and relish in a pair of trackies and a video
- Schedule a date, see a comedy show, visit an art gallery or classical concert, go to the zoo – do something different to your normal routine

MENTAL

Talk Kindly To Yourself

- Be aware of how many times a day you berate or talk negatively about yourself. Catch yourself in the act and mentally tell yourself **STOP**. Rephrase the negative with a positive. Repeat

Meditate

- Put 10-20 minutes aside each morning or night and sit in silence, focus on your breathing or use the time to visually create your day or life ahead
- When stressed, simply stop + take 3 deep breaths
- Listen to a guided meditation
- Join a meditation class
- Explore shamanic journeying

Mindfulness

- Be consciously present and aware during a specific activity such as washing the dishes, driving or talking with a partner, friend or work colleague. Stay fully in the moment and bring your mind back if you find yourself wandering into the past or future

Read

- Pick up that inspirational book that's been sitting beside your bedside for the past 6 months
- Schedule time to read those travel blog links you've been saving
- Expand your mind and learn a new language or take a class in history, astrology or wine tasting

EMOTIONAL

Express Your Creativity

- Take singing or music lessons
- Find a drawing or painting class
- Explore chakra dance/5-rhythms, flamenco or ballroom dancing

Explore Your Hidden Emotions

- Kinesiology
- Emotional Freedom Technique (EFT)
- Neuro Emotional Technique (NET)
- Breathwork
- Transpersonal psychology

Gratitude Jar

- Take a few minutes to write down three things that made you happy or you are grateful for that day on separate pieces of paper and put them into a glass jar. Whenever you need a lift, re-read your messages and remind yourself of life's beauty + love

Journal

- Take ten minutes and free-write what ever is in your head. Don't stop to edit. Watch what happens to your personal insights and emotional state over time

Open Up

- Get spontaneous. Fight the fear and tell someone you love them, give them a hug, say thank you, or just look up and smile at everyone you meet today

Rx - Your "love yourself to health" script

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-7am							
7am-9am							
9am-11am							
11am-1pm							
1pm-3pm							
3pm-5pm							
5pm-7pm							
7pm-9pm							
9pm-11pm							