

SELF CARE



HOW TO GET OUT OF A RUT

in 10 days or less

WELLNESS GUIDE

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IT’S WHAT’S ON THE INSIDE
THAT REALLY MATTERS



WHAT'S A RUT?

Consistency has been lacking, and comfort is back at the wheel, steering us God only knows where. If you're able to read this right now, then I know you have the willpower to consciously choose to have a breath in the present moment you're in. Whether the slowness of the breath, or the fullness of your lungs is what you find your focus on next, you choose, put all your attention to this. Find yourself perhaps in the quiet of your mind, that is possible. If that is not feeling simple, that is okay too. The goal here is to notice how you feel, not to change it just yet, but to be with you in the state you are in here and now.

Now that I have you, and most importantly, you have you.. you should know that it is okay to feel this way from time to time. This my friend is the h u m a n e x p e r i e n c e. In this, our experiences can look vastly different while potentially yielding remarkable similarities. Sometimes it's grief, loss, heartache, a setback in career choices, choosing a career, or what to study in school, a sudden change in life or out of the blue. The overwhelm can create some real fatigue and exhaustion. No matter your reason, these feelings you have are seen, heard, and understood by so many. So today, rather than beat ourselves up, let us choose to see ourselves where we are. Let us acknowledge how we feel, and distinguish the thought of punishing ourselves any further.

The daily checklist that follows is to encourage you to have one act of self love and reflection each day for 10 days. The goal here is to consider at least 1 self care practice for 10 days. If you feel a boost from a tip you try, you may even want to come back to this in the future and (use it to build your self care routine) routine stack, but for now all you have to do is check off one self care act a day and feel accomplished on your willingness, drive, and desire to live the life you've always been worthy of. A life that feels good to you, curated by you and for you. This is meant to be intuitive work, what works for you is meant for you & I believe you are on your path to find it.

Wishing you all the best on your journey,

Your friend, Lilly

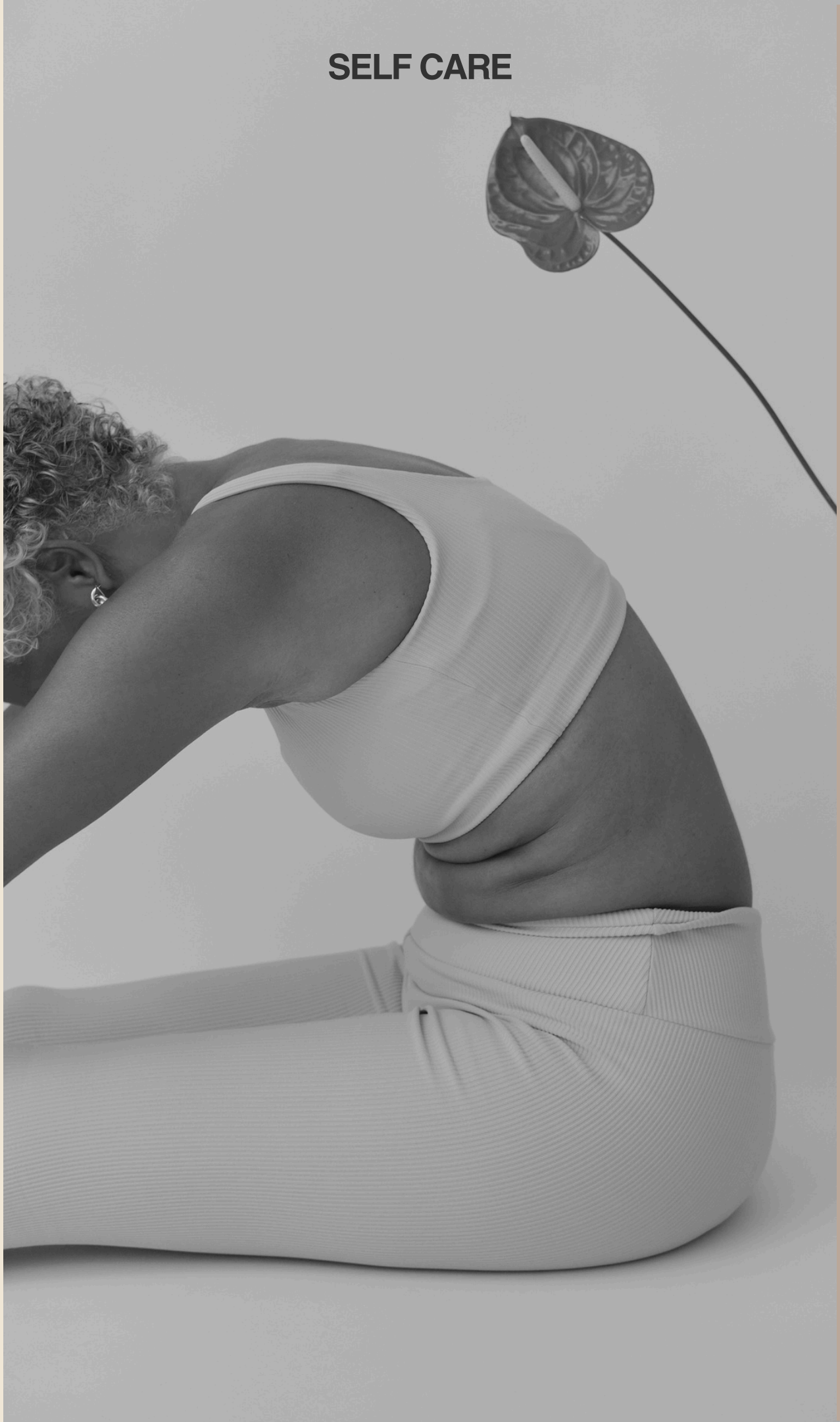


HOW TO

PRINT CHECKLIST FOR EASY USE

TRY TAKING THINGS ONE DAY AT A TIME

CHECK OFF WHAT YOU GET DONE



USE

JOURNAL

OR

MAKE NOTES OF YOUR ANSWERS AND REFLECTIONS

10 DAY CHECKLIST

DAY 1

☐ Take time to **identify** where you're at, *what you're feeling*. Validate your ability to feel, hear, and listen to this present version of you. The longer we push it away, the more uncomfortable we are making ourselves.

DAY 2

☐ Spend a **whole day doing as little as possible**. Focus on this 'lack' of doing as an opportunity to connect with your inner self, your feelings, emotions, and reality. *Research: rest, healing & the vagus nerve*. Sometimes the body, mind, and spirit just need rest for a while, and that is worthy of honor.

DAY 3

☐ Plan a themed **self-care night**. A lavender spa night, by color, scent, our vibe to *channel the energy emerging in you*, what scents are u feeling would be pleasurable to you right now? This could look like cooking, hygiene, a candle & music, and a book. Create your own little world, however it feels best to you.

DAY 4

☐ If you have the energy, *call a special person in your life* and hear how they've been. If not, you could *write a letter or a list of gratitude* to yourself, your dog, cat, snake, or a loved one. This isn't about distraction; it's about **perspective** and **redirection**.

DAY 5

☐ Notice the space between where you've been and where you are. If it feels like it all has to happen in a day, let us not forget that our nature is of nature. *Things take time*; they are supposed to. **Notice if you're seeking instant gratification**. Allow for space between your urges and your actions. Break tasks down. There is time.

DAY 6

☐ Set aside time for movement. A swim, a gentle walk, bed yoga, a stroll through the park in good company. Your body wants to be in flow. Today, get curious about **what daily movements are sustainable for you**. Meeting yourself where you are, how can movement be a part of your daily self-care routine? When is it time for a challenge?

DAY 7

☐ Be real and show up for yourself. Slow down. For a day, stop 'faking it till you make it.' Honor your truth and **devote** the inner focus of an entire day to **acceptance**.

DAY 8

☐ Take time to reminisce if your find yourself anxious for the future.

DAY 9

☐ Take time to plan if your find yourself stuck in the past.

DAY 10

☐ Consider how you can improve your sleep quality and nutritional support. Try getting into bed at sunset and waking up around sunrise. Maybe you could up your fiber intake? For 1 day, prioritize fruits, veggies, food timing, and proper hydration.



ANSWERS & REFLECTIONS

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



MAIN TAKEAWAY

There are no rules, no perfection. The only thing required is effort.



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