

Self Care Guide

self care is not selfish

You cannot give others what you don't have yourself. Self-care encourages you to maintain a healthy relationship with yourself so that you can transmit the good feelings to others. Fill your own cup, so you have more of yourself to share.

self care like your life depends on it

It's not about self indulgence- there is a fine line between little quick fixes that feel better temporarily- which are fine in moderation- but are not necessarily sustainable. Self care rather, is any action or behaviour that helps a person avoid health problems. Stress we know is a killer, so self care certainly includes anything that helps you to de-stress. As an added bonus self care can also help sharpen our mental and physical health through better self-esteem, stress management, and overall well-being.

tune into your soul

It can be very personal, so there's no set prescription on what works best for any one being. This kit offers up a bunch of options to try out at your own leisure.

what is self care to you?

What are the daily rituals you're already doing to support you in feeling nourished, well-rested, and healthy? Write some down in the space below.

If it makes you feel good, it counts as self care.

#SELFCARE

ENJOY SOME DOWN TIME

Curl up with a good book or snuggle down with a positive flick or feel-good series- we've got some great selections here at the library!

May we suggest (all available from our collection):

Series: [This is Us](#) | Movie: [Eat Pray Love](#) | Book: [Living lightly](#)

GET OUTSIDE

Bundle up and go for a walk. Get on all the gear so you can be comfortable to spend some quality time outside. We live in the north, embrace it, don't fight it. That's just exhausting, but getting out, even just for a stroll can be so invigorating! The Hanna Park skating trail is up and running- grab your skates and have at it!



Winter Fun
MUSKOKA LAKES

- Snowshoeing on the Hardy Lake Trails, Huckleberry Rock Lookout Trail, Hazelwood Trail & Fish Hatchery Trail
- Winter Walking at Hanna Park and the Bala Sports Park
- Cross-Country Skiing at the Milford Manor Golf Course
- View full list of winter activities at www.muskokalakes.ca/winterfun

MUSKOKA LAKES

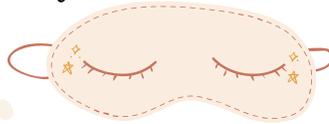


CONNECT

Reach out to friends and family- even just for a quick chat. Plan a full fledged FaceTime or Zoom get together. Heck, write a letter or send a card. Make that extra effort- we're all feeling the isolation and a simple gesture can go a long way to make both parties' day.

GET ENOUGH SLEEP

Don't sell yourself short in this department. We all know how important sleep is. Turn the devices off an hour before bed and don't get sucked into those extra moments of screen time into the wee hours, this only keeps your mind buzzing for more. Having trouble sleeping? We've got tricks for that too...



TROUBLE SLEEPING? MORE SELF-CARE! But also...

Try a meditation app

There are many free apps out there that offer guided meditations to help with anxiety and sleep. 'Insight timer' and 'Calm' are a great one with lots of free meditations to choose from.

Try reading a good old book!

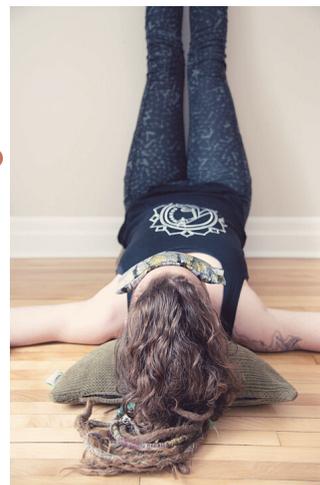
In particular may we suggest a non-fiction book- you may find that you can fly through a fiction read, whereas you may find you can tire yourself out more trying to absorb all the information a non-fiction read offers.

Try a book on disc

Hit play and have a story read to you until you drift off. We've got plenty available here at the library!

LEGS UP THE WALL

is a restorative yoga posture that allows the mind and the body to relax, relieving stress and tension. It's considered a passive or restorative, so while it takes little effort the benefits are abundant and include: eliciting a relaxation response to, in turn, lower anxiety, reduce stress and kick insomnia, facilitate venous drainage, increase circulation, sooth swollen or cramped feet and legs, stretch the hamstrings and lower back, relieve lower back tension, and relax the pelvic floor.



Speaking of yoga postures- yoga is another excellent form of self care. We hold our issues in our tissues- so yoga is a great means to release what no longer serves us, and breeeeeathe. Staff member Candice has a couple of free practices on her website:

mantusyoga.com/tutorials



Our bodies function best when fully hydrated. Our kidney system is dependent upon water in order for it to work to remove waste products from the blood, eliminate toxic substances in the urine, and receive water-soluble toxins from the liver for processing. Daily fluid intake is essential for our bodies to excrete toxins and function efficiently. Sometimes it's those things that seem so simple- maybe too simple- that really do make all the difference! Hydrate! Two Litres/day. *Minimum!*

EAT A NOURISHING MEAL

Even if you are living solo right now, take the time to cook a beautiful meal for yourself- go all out, you deserve it! *May we suggest some beautiful cookbooks from our collection for inspiration...*

Oh she glows | The gut-friendly cookbook
The living kitchen | Ottolenghi flavor

BE STILL

Meditate. Relax. No phone. No distractions. Just BE. Just be still and let your mind unwind. It may feel boring or like a waste of time or counterproductive- you will have all these types of thoughts and more come up and at you and that is certain to happen, but continue to sit. Let all else fall away. As a thought comes into your mind, label it, but do not dwell upon it, let it go. Over and over, just let it all go. It might seem like a waste of time, but actually sitting gains you more time in the grand scheme of it all. In sitting still you gain clarity and you make space for yourself to just simply be. It's a beautiful practice. Start with five minutes, work your way up to twenty max. Be gentle. Remember that it's a practice. *Pro tip: do this first thing in the morning- it's amazing how hard it can be to make time later, and if you don't, you often won't.*



PRACTICE GRATITUDE

You can do this to start your day or as an end of the day practice- bring to mind 3 things that you are grateful for. Consider starting a journal where you record down these things you are grateful for everyday. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. And sure, it's easy to be grateful for that momentous occasion, but it's just as special to affirm gratitude for those smaller day to day treasures as well.

JUST DANCE, MOVE, GROOVE!

Throw on some music and move! Get those endorphins flowing. Heck, get your whole 'bubble' into it. Belt it out while you're at it because singing also releases the brain's "feel good" chemical- resulting in a sense of euphoria, enhanced immune response, and natural pain relief.

READ A SELF IMPROVEMENT BOOK

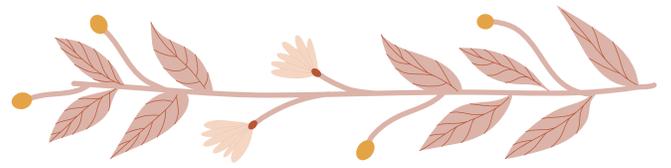
Never stop learning! And really, it's not about improving per se, you expand- the whole point is to enhance what you've got. Just a chapter or so in the morning can make all the difference in how you see yourself and the world around you.

Suggestions from our collection below...

This one wild and precious life | 10% happier
The untethered soul | Girl, wash your face

DO A RANDOM ACT OF KINDNESS FOR SOMEONE

It's nice to be important, but important to be nice. We're not seeing many people these days, so when you do, get creative- Give an unexpected compliment... Let someone cut in front of you in line... Slow down so someone can merge in front of you in traffic... Pay for the next person's order in the drive thru. Get creative, and pass it on!



EMBRACE ACTIVITIES YOU ENJOY... and beyond!

Do what you actually want to do. Not what you feel you should do. And this is the big question- *what do you want?* Get real with yourself. Maybe there's something you've been compulsively doing that is no longer serving you as best as it once did- which means asking yourself if there's an opportunity to do less in one area to make room in another. Give yourself space to try something you've always wanted to do! Make time and go for it. Heck, if you're overwhelmed all around, then make time to just stop- to sit with what is and just be with whatever comes up. Collectively, we are experiencing so much uncertainty and change, so just processing and digesting it all is so crucial. Unapologetically make time and space for yourself!

DIY
Recipes
to try at home



Relaxing

**LAVENDER & ROSEMARY
BATH SOAK**

Ingredients:

- 1 cup epsom salt
- 1/2 cup sea salt
- 1/4 cup dried lavender flowers
- 1 tbsp dried rosemary
- 10 drops lavender essential oil

Combine in a bowl and mix well.

Add to bath.

Enjoy!



Hydrating

**AVOCADO
FACE MASK**

Ingredients:

- 1/2 avocado
- 1-2 tsp raw honey
- optional: 2 tbsp rolled oats

Combine ingredients in a small bowl.

Apply mask liberally to face and neck.

Let sit on skin for 20 minutes.

Rinse.

Bedtime

GOLDEN MILK

Ingredients:

- 1 cup almond or coconut milk
- 2 tsp maple syrup
- 1/2 tsp cinnamon
- 1/4 tsp turmeric

Combine ingredients in a pot.

Cook medium heat on stovetop.

Whisk.

Drink!

Colouring Page



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