

SELF CARE READING

Emma's Edition
5/11/2024

What My Body Yearns For...

What My Soul Yearns For...

What to Do More Often

What Never to Feel Guilty About

Journal Prompts



WHAT MY BODY YEARNs FOR...

- Your body is wanting to be touched and cared for. Its time to start exploring what makes you feel really good...and then doing more of that!
- Some ideas include wearing sexy lingerie just for you. Mindfully applying lotion or oil after a bath or at night and feeling into how you feel.
- When you self-pleasure, take the time to give yourself what you've always wanted including time for taking it slow and stroking yourself all over as you enjoy the sensations.
- The dictionary defines sensuality as "the enjoyment, expression, or pursuit of physical pleasure, especially sexually". Bring more of that pleasure into your life!
- Challenge the old beliefs/conditioning you've inherited around sex/pleasure being dirty. This couldnt be farther from the truth!



Mantra:
Pleasure is my
right and I
indulge for me!

WHAT MY SOUL YEARNs FOR...

- Your soul is asking for you to pay more attention to your physical body through activity. This doesn't have to be things you don't enjoy.
- It's time to start adding back in those walks in on your lunch and working to get to the gym again.
- When we feel strong and healthy, it's easier to love and appreciate our bodies and all they do for us.
- Its so easy to focus on our mental and spiritual health while neglecting the body. Tap into your deep desires for your body and then reverse engineer that to some steps that are fun and/or playful for you to get there.



Mantra:
I love my strong
body which helps
me feel good in
my skin!

WHAT TO DO MORE OFTEN

- Unplug! Turn off the TV, put away your phone, and just be!
- Take some time for the things you enjoy that don't involve screens!
- Let yourself enjoy things like puzzles, crochet, reading, listening to lo-fi/relaxing music! The more your hands can be kept busy while your mind rests, the more rested and rejuvenated you'll feel after.
- Tip: create a menu of things you enjoy doing while unplugged so that you don't need to think so much about it when the time comes!
- ADHD Brain not shutting off? Try to incorporate relaxing music that will help keep the brain busy enough to let you rest. Think less vocals, more relaxing.



Mantra: My soul
enjoys the quiet,
unplugged
activities where
I can truly rest
& have fun!

NEVER FEEL GUILTY FOR...

- Taking the time for the process of tea and taking the time for you.
- Make this a ritual - from the moment you put the water in the kettle, to infusing the water with intentions, to mindfully being aware of your thoughts as you wait for the tea to steep. This is time for you and a great invitation to be mindful throughout the whole process as it helps us to slow down and savor the moment...being right here, right now.
- This is another great “unplugged” activity.



Mantra: I am safe
to take the time
for me and its
delicious!

JOURNAL PROMPTS

- What has been stopping you from doing self-care recently? Brainstorm some ways around the excuses
- What are a few ways you can add sensuality into your daily or weekly routines? What feels good to you?
- Do you feel deep down that you deserve to take care of yourself? If not, why? Can you choose to change your thinking?
- “Sex is dirty” - Let’s challenge that thought.
 - Do I believe this is true?
 - Where did it come from and who first told that to you/modeled that?
 - Why is this old belief false?
 - What do I want to believe instead?
 - Why is this new belief true (get detailed!)?
 - Who would I be and what would I have if I embody this new belief?
 - Am I ready to let go of this belief that sex is dirty?
- What are some healthy boundaries you can put in place to take care of you?