



How to Find Time for

SELF CARE

when you're always on the go....

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You *want* to practice Self Care, but really...WHO has the time, #amiright?

With a to-do list that's a mile long and twice as wide, taking care of *you* always gets pushed down to the bottom and sometimes OFF the priority list.



That's why you have to be *intentional* about Self Care and find small ways to fit it into your life...because if you don't, that to-do list will never go away...*and you'll be too tired and exhausted to do anything* if you don't pay a little attention to yourself.

So, let's find ways to make it work in your busy life. Here's a few great tips and once you start thinking about how it's *possible*, I bet you'll think of a few other great ones, too!

Make a Plan

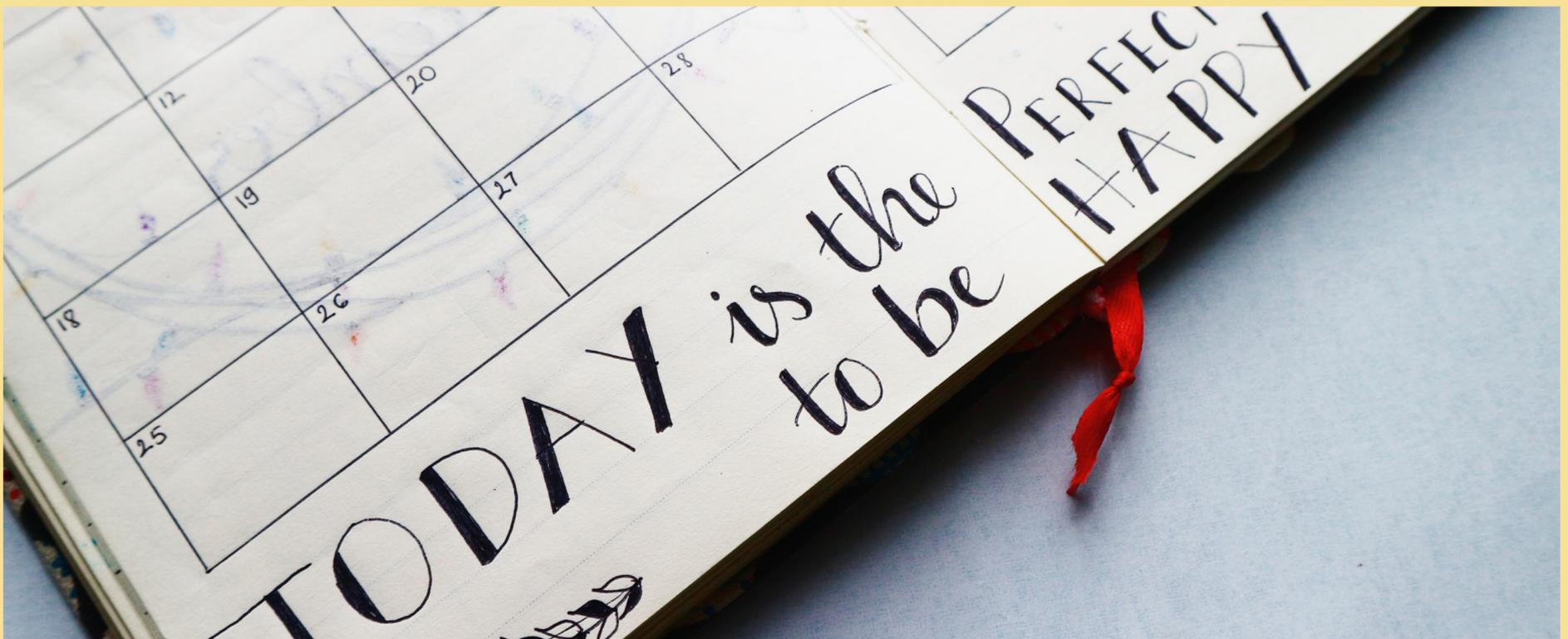
You schedule in *everything else* in your life, and you should do *exactly* the same thing for self care.

Sound a little crazy? Well, it shouldn't. Even if you're planning a 10 minute walk at lunch, put it **ON** your schedule, which makes it *much* easier to say, "I have to be back at 12:30, I have something scheduled".

And if you're saying that to yourself so you will make sure you commit to that schedule, so be it.

I assure you, scheduling your self care is every bit as important as scheduling your car maintenance, your dog's grooming appointment, and your kid's sporting events.

And for fun....pick your favorite color to schedule YOU time on your calendar!



Invite Others

If your day involves meetings, running errands, and working with people, can you invite others in the same space to take the time to take care of you...and them?

Rather than working through lunch, invite your co-worker to get out of the office and to a park, or a cafe, or even the drive-thru where you can clear your head, and talk about *anything other than work*.

Like...it's *taboo* to speak about work. Tell a story, ask about their childhood, find out their favorite recipe for chicken...*anything other than work*.

This gives your brain a much needed break, and laughter is simply once of the best medicines out there (science says...).

Remember...you're being *intentional*....



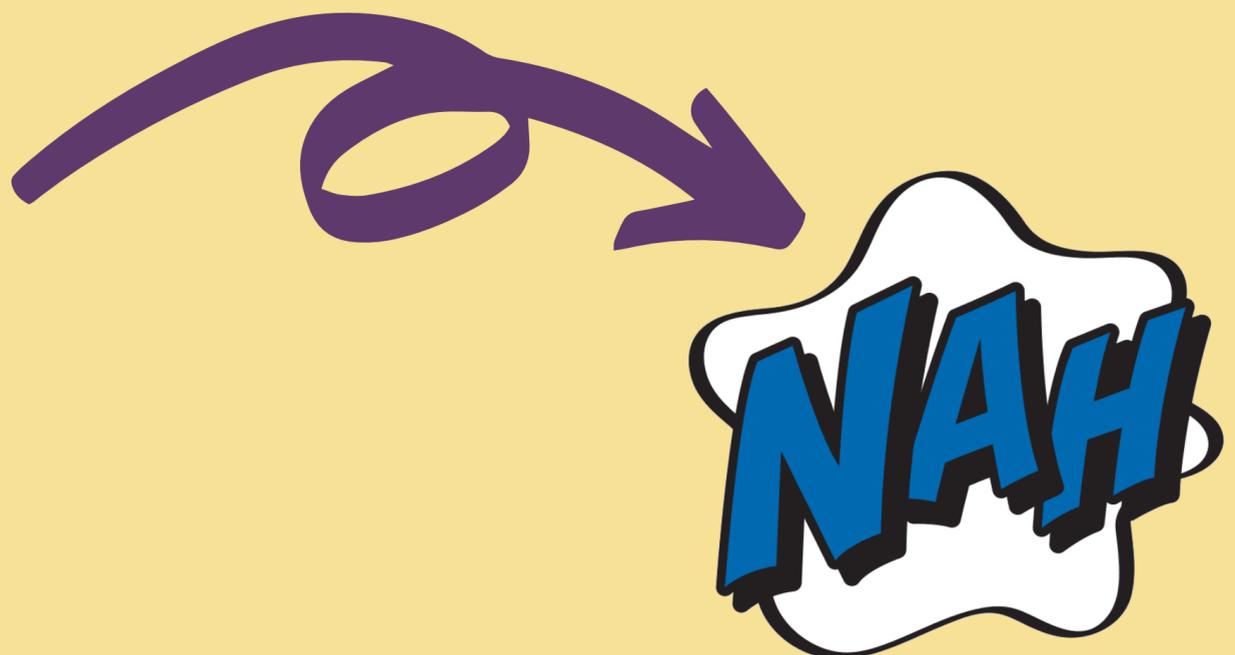
No, but thanks for asking...

Setting boundaries with your time is a *giant* form of Self Care that we often overlook. When you're already stressed to the max, and have 3 minutes left of free time (and *that* is between 2:17 and 2:20 AM)....saying yes to *one more thing* might be the straw that broke the camels back...and you're spirit.

We *want* to say Yes....to everyone and everything, and feel guilty when we aren't able to help someone else.

But....by saying No to the things we can, we are allowing ourselves more time to focus on the important things, *and* make sure we're not sacrificing much needed rest for others.

If you need good words to say, "No, but thanks for asking" is the perfect answer...just sayin...



Make your Commute Count

If you're heading out, you might as well use that time for glittery goodness.

If you're driving, there are all sorts of ways to get self care in your day:

- listen to podcasts or personal development audio
- play your favorite feel good music
- hang a prism from the mirror and love the colors
- wear gel socks to get a pedicure on the go
- use your phone to take audio notes
- brainstorm a new idea and a plan to implement
- call a friend using blue tooth technology

If you're using public or private transportation, letting someone else drive gives you all that and MORE...you can write, scroll for meaningless videos, or even nap!



Be Intentional

Self Care is one of the most important things you can do for yourself.

And it's not only about massages and spa trips (but those are *just fine, too*), but making every day about Self Care.

That means you have to be *Intentional* about what you do and the choices you make. I'm not going to say it's easy or something you can flip a switch and start doing every single day.

But...it's *not hard* when you are *intentional* about making those small changes so you can see a big difference.

Now...who has some of the gel pedicure socks and are already putting them in your car for the next trip???

