

# SELF CARE GUIDEBOOK



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# Hello

# Beautiful

When was the last time you took time out for yourself? Took yourself out to eat? Just got cute for no reason. We as Queens, we have to take care of ourselves. We all need a self care day. We get so caught up in work, kids, busy life and etc. We be on the go until our battery runs dead. Well I'm my journal, I'm going to teach you how to recharge and enjoy YOU.

Growing up I didn't know anything about self care. I had to learn little by little as time went by. When you don't practice self care you began to experience anxiety, anger, depression, fatigue and so much more. Well starting right now, we are getting ready to get our lives back. We are putting ourselves first. Let's Go



# TAKE BACK YOUR LIFE



## MAKE IT COUNT

Choosing to eat healthy and eating modest of nutritious food regularly. Drinking plenty of fluids mostly water is very important. Dehydration has a variety of symptoms low/mood depression, anxiety, fatigue, memory problems and etc



## RELAX YOUR BODY AND MIND

Queen make time in the day to simply relax. I have to have candles on and some soft music. If you want silence, you can do that too. When I relax I try and push everything that had happened that day or before and just breathe. You must hear yourself in the silence. Sometimes just say a prayer and ask God to relax your mind.



## EVERY QUEEN NEEDS BEAUTY SLEEP

Sleep is essential for life and health. Sleep gives your body a chance to renew cells and even whole organs. Sometimes the recharge that we need is Sleep. Our bodies can catch up on falling behind and lacking. I used to work so many hours and I lost the motivation to sleep. I had to train myself to stop and even if Its a 25 minute nap, take it!!!! Recharge and regroup



## BE YOUR NUMBER ONE

The number one supporter is Yourself!!!!!! We are the main ones who gives ourselves a hard time. We give energy to our negative inner voice and we don't give ourselves a chance. When we start talking and speaking positive over ourselves, we began to see that your emotional self care starts when you do this. Emotional self care starts with feeling compassion towards yourself. Be kind to yourself. Treat yourself like a queen.



# MORNING ROUTINE

01

## **READ SOMETHING THAT INSPIRES YOU**

Sometimes we need a boost and a reminder of who we are inside. When I get up, I read a scripture out of the Bible. I highlight the importance of the scripture and then I pray over my family

02

## **JOURNAL WHAT YOU READ/ ABOUT YOUR DAY**

I love to write and I will write down in my journal just different things that I want to get off my chest: it doesn't have to be long but just what you feel.

03

## **STRETCH, WALK, YOGO**

I always wanted to go running before I start my day but it never happened. I see on tv how people start there days like that. Starting your day off like this, it gives you a chance to connect with your inner self. Get your mind on one accord

04

## **LISTEN TO SOMETHING INSPIRATIONAL**

Never start your day with negativity. Listen to gossip or Fifth before your day start. Something positive is like sending energy to the battery to keep you charged.

05

## **SIPPIN COFFEE OR TEA**

Have you ever made a Starbucks run before you start your day? I have a couple times. What you put in your body sometimes dictates what comes out.,Drink positivity.

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*Enjoy the process*

# NIGHT ROUTINE

01

## **SOCIAL MEDIA/ELECTRONIC**

Do you get in bed with your phone? Scroll on social media? Well tonight we are going to disconnect from our electronic devices so we can allow our bodies to relax and unwind . Get your thoughts together and just relax your mind.

02

## **PRACTICE RELAXATION TECHNIQUES**

After I have taken my shower, I normally just sit on my bed and just breathe and relax. Sometimes we allow our mind run 100 miles an hour concerning what had happened today, yesterday, last week and etc

03

## **CREATE A RELAXING ENVIRONMENT**

I love Candles!!!! I love setting the mode for a quiet night. I love playing soft music while I'm cleaning, cooking or even making me some nice hot bath water to relax and enjoy a glass a wine also. An relaxing environment helps relax the mind and body. Helps with stress, anxiety, depression and etc

04

## **PRACTICE SKINCARE**


After I shower, I do my skincare routine. Beauty doesn't show up with only makeup. You don't need makeup to say that you're beautiful.

Taking care of your skin is very important. It teaches you to connect and learn about yourself mad well as your skin.

05

## **READ/PRAY**

Before you close your eyes, give God his time. He woke you up, kept you threw the day, protected and provided. So yes give him some time. If you like to journal, you can do that to. Just take this time and connect with Jesus



**EMBRACE THE  
WORLD *around*  
YOU AND LET IT  
*shape* YOUR  
CONTENT.**

[illegible]

*Enjoy the process*



*Try Our*

# H.E.R. SKINCARE

Skincare is an act of Self-Love and self Care. It can help you feel calm and relaxed. The number one thing is that you have to stay consistency with it. I struggle with this also but we must keep pushing.

1. develop a routine ( consistency is important)
2. Cleanse: find the right cleanser for your skin
3. Exfoliate: This can help remove dead skin
4. Tone: Find a good toner to balance your skin. Having a balance skin is important.
5. Apply Serum: Use a serum that's right for your skin type to target specific concerns
6. LOOK BEAUTIFUL!!!!

**SIGN UP NOW**





*pushing*  
**KEEP  
BOUNDARIES  
AND**  
*never* **STOP  
EVOLVING.**

# *The four* **C'S** *To joy, spirit and relaxation*

01

## **CONNECT WITH YOURSELF**

Be honest and gentle with yourself, and allow yourself to feel your emotions without judgement. Focus on your healing. Be patient with yourself .

02

## **CONNECT WITH OTHERS**

Be a good listener. Be respectful. Communicate honestly. Stay true to yourself and others

03

## **CONNECT TO YOUR COMMUNITY**

Volunteer and meet new people. Join community circles and be a voice to someone that afraid to use there voice. Participate in different events. You never know who our there needs your little light to shine.

04

## **CREATE JOY AND SATISFACTION**

Practice gratitude and set goals for yourself and others if possible. Meditate and just focus on the positive. Meditation can help you find joy within yourself. Take care of yourself and find joy in the little things that matters.

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*Enjoy the process*



# I AM STRONG!!!!!!





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*Enjoy the process*

[illegible]

*Enjoy the process*