

Self-Care **P L A N N E R**

Engage in self-care activities that are going to refill and replenish you. Listen to your body and meet its needs and find activities that help you feel good, connected to your body, health and to those around you.

Self-care doesn't need to be time consuming or complicated, book self care into your everyday schedule – even if it is as little as 10 minutes.

Below are some examples of self-care:

Mind

- Meditate
- Be creative
- Spend time with loved ones
- Make a gratitude journal
- Have some alone time
- Read a book or magazine
- Connect with nature
- Unplug from technology
- Start (or add to) a compliments file
- Listen to uplifting music

Body

- Get enough sleep
- Participate in your favourite exercise class
- Go for a walk
- Stretch
- Have a nourishing meal
- Plan your weekly meals
- Have a bath
- Take time to breathe
- Give your body a treat (e.g. massage)

Self-Care **PLANNER**

This week I will achieve...

Mind

Body

Book Openings

MOBILIZES THE SHOULDER JOINTS, RELEASES CHEST AND BACK

Begin lying on your side, hips and knees at 90 degrees. Interlace hands and place them under your head. Ensure your hips and shoulders are stacked on top of each other.

Inhale: Reach your top arm towards the ceiling, allowing your eyes and head to follow.

Exhale: Continue rotating towards the bed by articulating one rib at a time, starting from your top rib, the second rib, the third and all the way through until you reach your last rib.

Inhale: Hold the stretch (have a sense of shining your breast bone towards the ceiling).

Exhale: Rotate back to starting position, starting from the bottom rib working your way through one rib at a time until you reach the top rib, closing the top elbow to meet the bottom elbow.

Repeat the stretch 3-8 times



Things to think about:

- Ensure your hips stay stacked and do not move as you rotate.
- Keep your head supported, looking towards your top arm while rotating, when rotating back to the starting position, make sure the head moves back to start position.
- Focus on staying nice and long with the spine (axial elongation).

Standing Roll Down

INCREASES SPINE MOBILITY, STRETCHES SPINE AND HAMSTRINGS

Stand with feet parallel – hip width apart. Neutral pelvis. Draw your belly button up and under the rib cage. (To engage the abdominals.)

Inhale: To prepare.

Exhale: Lower your chin towards your chest and continue to roll head, neck and shoulders forward as if you are peeling off a wall. Continue rolling down one vertebra at a time towards the floor – letting your arms and head hang heavy. Ensure your knees are not locked.

Inhale: At the bottom.

Exhale: Engage your core as you begin to roll up from the tailbone, stacking the vertebrae one at a time returning to the start position. (As you roll up imagine you are creating space between the vertebrae to create length through the spine).

Repeat the stretch 4-6 times



Things to think about:

- Keep weight centred over your feet.
- Do not lock your knees.
- Focus on moving segmentally through your spine.
- Try not to let your hips roll backwards as you roll up and down through the movement.