



the motherhood

SELF CARE RESET

THE MUMMA NEST ACADEMY

DAY 2



PILLARS OF SELF CARE

What you will learn

Introducing six pillars of self care to deepen your energy management, reclaim time & expand upon your existing practices through a variety of rituals.



INTELLECTUAL

- Reading
- Puzzles / Games
- Personal growth
- Join an online membership space
- Upskill for no reason
- Documentary
- Try new hobbies
- Creative expression (feminine energy)
eg painting, writing, singing, craft
- Podcasts
- Understand strengths & weaknesses / learn
about personal values & personality
- Join a book club online
- Listen to Ted X talks
- Spotify audio books
- Create a client testimonial file to reflect on
evidence of client feedback / words
- Hire a Life Coach for accountability
- Reflect on your 'why' for doing what you do
- Attend a new in person conference
- Watch Inside Out & Inside Out 2!

MENTAL

Mindfulness

- Hand on heart self compassion exercise
- Relaxation techniques
- Positive self talk / Mantras / Affirmations
- Therapy
- Mentoring / Accountability
- Healing (eg inner child work)
- Gratitude
- Waking up self talk (daily intention)
- Recognising full body yes & no responses
- Self care box (*things you love for a quick boost
eg card from a friend or old cherished photos*)
- Journaling / brain dump
- Create a Wins journal (*celebrate small wins*)
- Patting a pet
- Drive in the car listening to favourite music
- Savouring small moments eg drinking hot coffee
- Visualise dream life without limits (& *choose small
1% action steps everyday towards*)
- Glitter jar (*wait until the glitter settles*)
- Find your flow state: start noticing what you are
doing when you feel your best???

Coaching & Mentoring: free clarity calls available [here](#)





PHYSICAL

Conscious Movement
Non linear movement
Finger under nose nervous system check
Intentional lunch breaks
Box breathing
2 quick breaths in & one long exhale
Sleep / Rest
Grounding feet in earth
Visiting a naturopath for natural remedies
Create bedtime ritual / routine
Nutrition & minerals
Allocating short breaks daily
Intentional / present cooking
Nature: swim, walk, explore
Magnesium spray (see Salt Lab)
Hygiene (bathing)
Floats / Ice bath therapy
Healthy environment (declutter an area)
Orgasm (turn it into a ritual)
Speaking compassionately to self
Dancing / singing with utensil microphones
Remedial massage
Loosen jaw, drop shoulders, roll shoulders
Outdoor fitness

EMOTIONAL

Deepening self awareness
Challenging negative thoughts
Naming & processing emotions
Sitting with discomfort / uncertainty
Pausing before responding (glitter jar settling)
Understanding needs
EFT Tapping
EMDR
Energy work (reiki / kinesiology)
Follow positive social accounts
Expanding limits (comfort zone)
Power of the Pause technique
Releasing feminine rage / anger *through orgasm energy release or screaming into a pillow, boxing - movement*
Turn off phone notifications
Body alive: what is alive right now within me?
Explore hormone health
Boundaries with phone before bedtime
Watch comforting movie (presence)

Numerous modalities included in our online membership space [here](#)





SOCIAL

Check in with friends / Connection with others
Reach out to a loved one
Share with someone you admire what you like about them (*without making it mean you are weird*)
Nurturing friendships
Women's circles (healing)
Boundaries (saying no when not aligned)
Communicating (self advocacy)
Stimulating conversations
Volunteering / community (giving)
Local networking events
(likeminded people / same interests)
Join & engage in free facebook groups
Join an online membership to meet people on a similar growth journey
Join a mastermind group of business focused mums eg [here](#)
Perform a random act of kindness or pay it forward (eg: buy a stranger a coffee)
Shift energy by working in a cafe (for a change of scene)

See our online group programs & memberships [here](#)

SPIRITUAL

Presence
Meditation / Yoga
Sound healing
Pray / connect with greater existence: god / universe / higher self / faith
Archangel connection
Clairvoyancy / Mediumship
Frequency Healing Music (see spotify playlist)
Oracle cards (see Rebecca Campbell range)
Shower in the dark with candle on
Rituals: full moon
Recharge crystals under the full moon
Sage / Palo Santo cleansing
Rituals eg: calling energy back
Cyclical living (menstrual tracking)
Return menstruation to the earth (cup ritual)
Burning Incense sticks
Recognising synchronicities (signs)
Deepen intuition connection (separate from thoughts)
Chakra dance
Human Design / Astrology
Ritual packages (see boundless & free AU)



day two

PILLARS OF SELF CARE NOTES

WHAT STANDS OUT TO ME?

Pop on your 'Self Care Reset Playlist' [here](#) & ask yourself as you look over the pillars: "which items do I feel drawn towards?"

Notice any change in your body as you view each item within the pillars & note the ones you feel drawn towards, find interesting, would like to learn more about or create a change in your body's response (even the ones where disgust may arise as these hold great insights, too)!

