

10 Self-Care Strategies to Help Fill Your Cup



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Do you “reward” yourself with junk food at the end of a long, stressful day?

Does the weekend become one long binge justified by the fact that you made it through another crazy week and have another one looming ahead?

If you’re using junk food as a way to nurture and cherish yourself it means that you’re not making self-care a big enough priority in your life.

I hear different versions of the same story from so many of my clients. Days spent shuttling kids around, meeting deadlines at work, trying to cram in workouts and stressing the whole time about all the other items on the To Do list that aren’t getting done.

“Once I get the kids in bed and the kitchen tidied up and my work finished, it’s MY time. Time to settle into the couch, flip on my favourite TV show and break out the [insert favourite snack here].”

Do you see what’s happening here? Do you see the connection?

Every day you are utterly depleting your cup.

Squeezing out every last drop and leaving nothing in the tank.

In many ways our brain is still very primitive so when it feels totally depleted it thinks, “FOOD!”

So you eat. And eat. And eat.

And you don’t eat broccoli.

You eat the sugar and fat that the brain craves for an instant boost when it feels depleted.

The ONLY solution here is to stop ending every day with an empty cup.

Stop running yourself ragged and clawing your way to the finish line every night so that you end up lying on the couch, zoned out in front of the TV or your ipad, mindlessly eating junk.

“But I’m already too busy!” I hear you say. “I can barely keep up with everything I already have to do, I simply do NOT have time to fit in meditation or a walk outside. Never going to happen.”

Well, then, this pattern you've created is never going to change.

I'm sorry if that sounds harsh but I say it from a place of deep love and fierce compassion.

It's a matter of priorities.

Right now you do not make self-care a priority.

You make showering a priority. You make laundry a priority. You even make time on Facebook a priority.

But you are not making self-care a priority.

And if you want things to change, you must.

Here are 10 ways that you can start to bring more self-care into your life on a daily basis:

1. Meditation

Many people feel intimidated by meditation. They say they don't know how to do it or that they simply can't "turn off their brain." But the truth is that everyone can meditate and more and more research is coming out every day about the incredibly powerful rejuvenating effect it has on the brain and body. Even just 10 min a day can offer noticeable benefits. If you want some help getting started, check out one of the amazing free apps available for download ([Headspace](#) is one that I recommend to almost all my clients).

2. Time Spent in Nature

Getting outside and closer to our natural environment is a great way to de-stress and soothe the central nervous system. Mother Nature's energy is powerful and the more time you spend with her, the more energized you will feel. Seek out forest walks and hikes around your area, plan a day on a beach, even take a picnic to a local park and sit under a tree.

3. Connecting with Friends or Loved Ones

Humans are social animals. We're hard-wired to crave connection to one another. Even the most introverted among us can feel the benefit of a good laugh with friends or a loving shoulder to cry on. Try to carve out time in your calendar each week to grab a meal or coffee with friends, take a walk with your spouse or call your mom or sister on the phone.

4. Time with Animals

Animals are deeply intuitive and can sense when you're energy is low or when you're feeling down. They offer pure, unconditional love and there's a great deal of research showing that people who have pets live longer, healthier lives. If you're a pet owner, make some time in your day to do nothing but connect with your furry friend. If you don't have a pet in your home, consider volunteering at a local animal shelter or offer to walk your neighbor's dog.

5. Writing

For many people, writing is extremely therapeutic. With so many thoughts and feelings racing through your head, writing them down can be a great way to make some sense of it all. But you don't have to write about yourself. Journaling is enjoyable for some, but for others, maybe working on that novel you've been daydreaming about for years feels better. Grab a note pad or open up your laptop, free up your mind and see where the words take you.

6. Reading

There are few things more lovely than curling up with a good book and being carried away by an enchanting story and compelling characters. If there's nothing good on your nightstand, ask your friends for recommendations or check out [Goodreads](#) to see what others have loved.

7. Yoga

As with meditation, some people are intimidated by yoga and believe they're "not flexible enough" to do it. But, despite the photos you see on Instagram, yoga has nothing to do with flexibility and everything to do with working exactly where you are right now. If you've never done yoga before, be brave and find a beginner or gentle yoga class near you or check out online offerings from sites like [YogoGlo](#). If you love yoga but haven't been going lately, take out your calendar, look at the local studio's schedule and make a commitment to get to two classes this week.

8. Bath

A warm bath is a simple and beautiful way to de-stress and calm the central nervous system. Make your bathroom into a little oasis with some candles, gentle music, a good book and calming essential oils like lavender, mandarin, bergamot, ylang ylang and jasmine.

9. Tea

Herbal teas are one of my favourite ways to treat myself and relax at the end of a long day. Splurge on a beautiful pot and mug to really make a ritual out of the preparation and presentation of the tea. Experiment with different herbs and flowers that are known to have soothing properties such as chamomile, lemon balm, passionflower and valerian.

10. Getting Creative

Most of us spend a disproportionate amount of time using our right brain – that’s the side that is very analytical and concerned about rules and lists and accomplishing things. Our left brain - the side that thinks outside the box and knows how purple smells does not get the same attention. Spending more time using your left brain can really help you recharge and replenish. Think about a creative project (painting, pottery, knitting, playing the piano, etc.) you enjoy or would like to try and make time and space for it.



I’m Sara Best. I’m a **Registered Holistic Nutritionist and health coach**. I work with people who know they have the potential to do amazing things but feel a disconnect between the person they feel on the inside and the way they appear on the outside. They’re frustrated by diets that don’t work but don’t know what else to try. **That’s where I come in.**

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