

30 Days of selfcare  
activities to improve  
your wellbeing



## **Day One - Breathing**

### **Morning breathing**

In a standing position, bend forward from the waist with your knees slightly bent, letting your arms dangle close to the floor. Inhale slowly and deeply whilst returning to a standing position and rolling up slowing, lifting your head last. Hold your breath for just a few seconds in this standing position. Exhale slowly as you return to the original position, bending forward from the waist



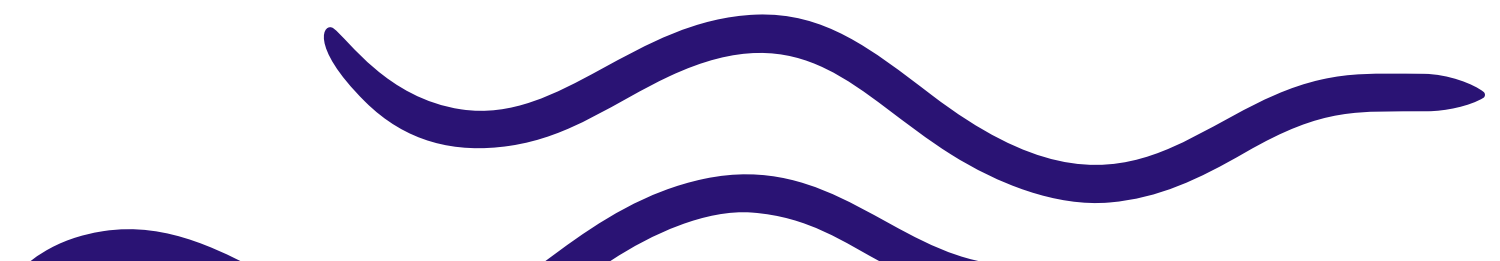
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## Day two - Journaling

- Free Flow
- Free flow journaling is great to activate creativity.
- In this activity you let your mind flow, get inspirations from objects, music, pictures, films, by watching nature or seating at a cafe contemplating life,

## Day three - Digital

Put all your phone application on MUTE and dedicate a DO NOT DISTURB timeframe on your phone





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## Day 4 - Breathing

4-7-8 breathing

To start, put one hand on your belly and the other on your chest as in the belly breathing exercise.

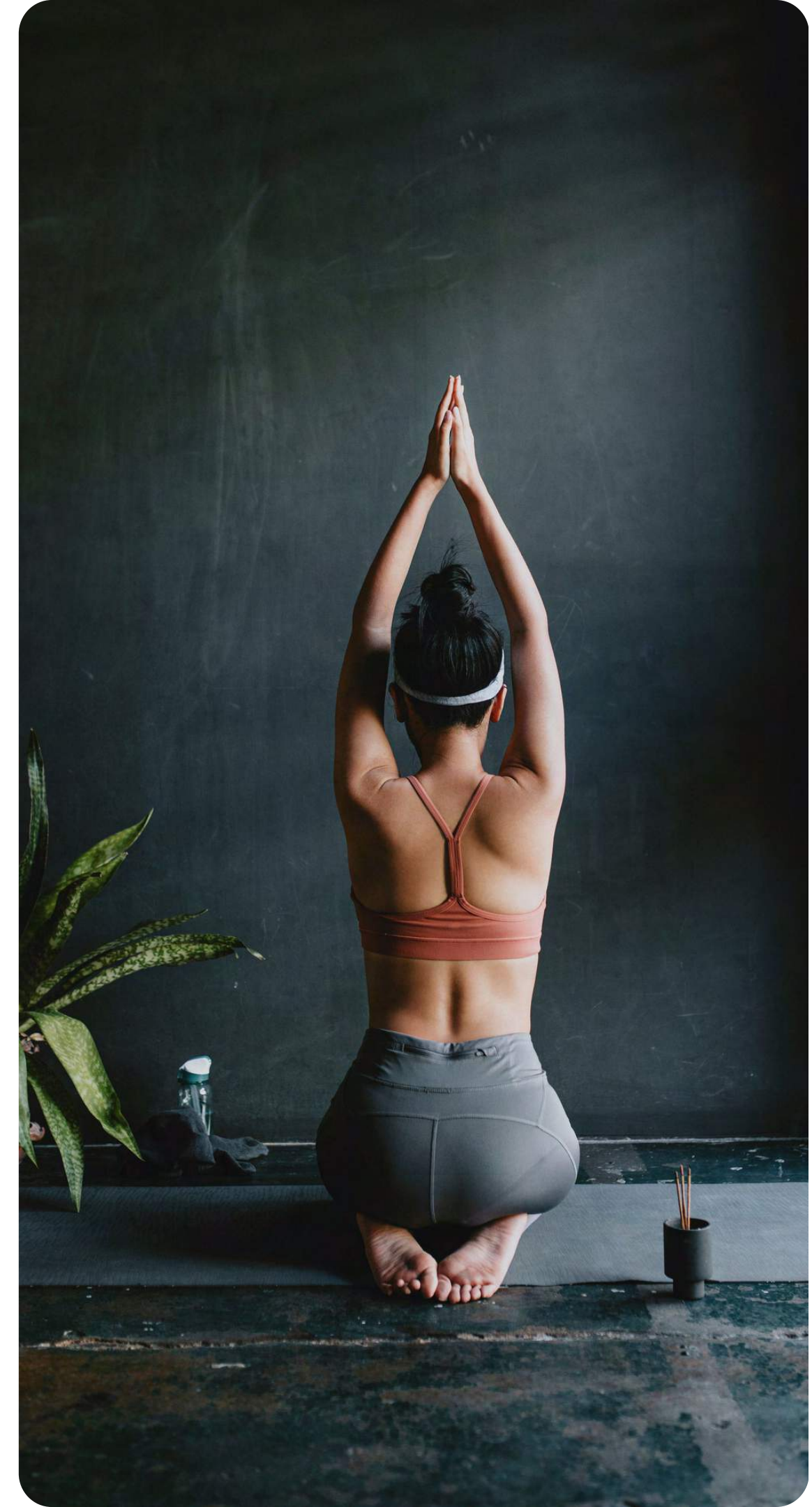
Take a deep, slow breath from your belly, and silently count to 4 as you breathe in.

Hold your breath, and silently count from 1 to 7.

Breathe out completely as you silently count from 1 to 8. Try to get all the air out of your lungs by the time you count to 8.

Repeat 3 to 7 times or until you feel calm.

Notice how you feel at the end of the exercise.





## Day Five - Nature



Connect with a Tree  
Embrace the tree and close your eyes. Take 10 deep breaths and as you take them imagine that you are exchanging energy with the tree. By doing this you will get a fresh dose of oxygen which will in return help improve your moods.



## Day Six - Breathing

A good laugh can stimulate circulation and soothe tension. Laughter also increases endorphins released by the brain and produces a relaxed feeling.. Surround yourself with a few items that make you laugh

## Day Seven - Journaling

Dream life or Manifesting

It allows you to live now in purpose and aligned with your deepest desires.

Prompt ideas:

If you could give yourself a gift, what would it be?

Think about something you want and ask yourself: "What will having this give me that I don't have already?"



# Day Eight - Meditation

This meditation is a great way to practice self love and self kindness.

The Metta Thetta Loving Kindness meditation goes like this:

- What i wish for others I also want for me
- Put your hands on your heart and repeat 3 times:

May I be happy

May I be safe

May I be well

May I be at peace

- Then think of someone you love and do the same for them
- Repeat doing it for yourself





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## Day Nine - Meditation

### *Lake Meditation*

*This meditation will support your quest for a calmer and grounded time in order to make space for journaling.*

*<https://insighttimer.com/pub15706983/guided-meditations/lake-meditation-for-calm>*

## Day Ten - Spontaneous

*DANCE crazily naked or fully clothed!!!*





## Day Eleven- Mindfulness

### Five Senses Mindfulness exercise

First, notice 5 things that you can see. Look around you and become aware of your environment. Try to pick out something that you don't usually notice.

Second, notice 4 things you can feel. Bring attention to the things that you're currently feeling, such as the texture of your clothing or the smooth surface of the table you're resting your hands on.

Third, notice 3 things that you can hear. Listen for and notice things in the background that you don't normally notice. It could be the birds chirping outside or an appliance humming in the next room.

Fourth, notice 2 things you can smell. Bring attention to scents that you usually filter out, either pleasant or unpleasant. Catch a whiff of the pine trees outside or food cooking in the kitchen.

Finally, notice 1 thing you can taste. Take a sip of a drink, chew gum, or notice the current taste in your mouth.



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## **Day Twelve- Nature**

Wander in the park or the forest for 10 mins to lower your blood pressure.

## **Day Thirteen- Spontaneous**

Put on your favourite tunes and sing them as loud as you can!





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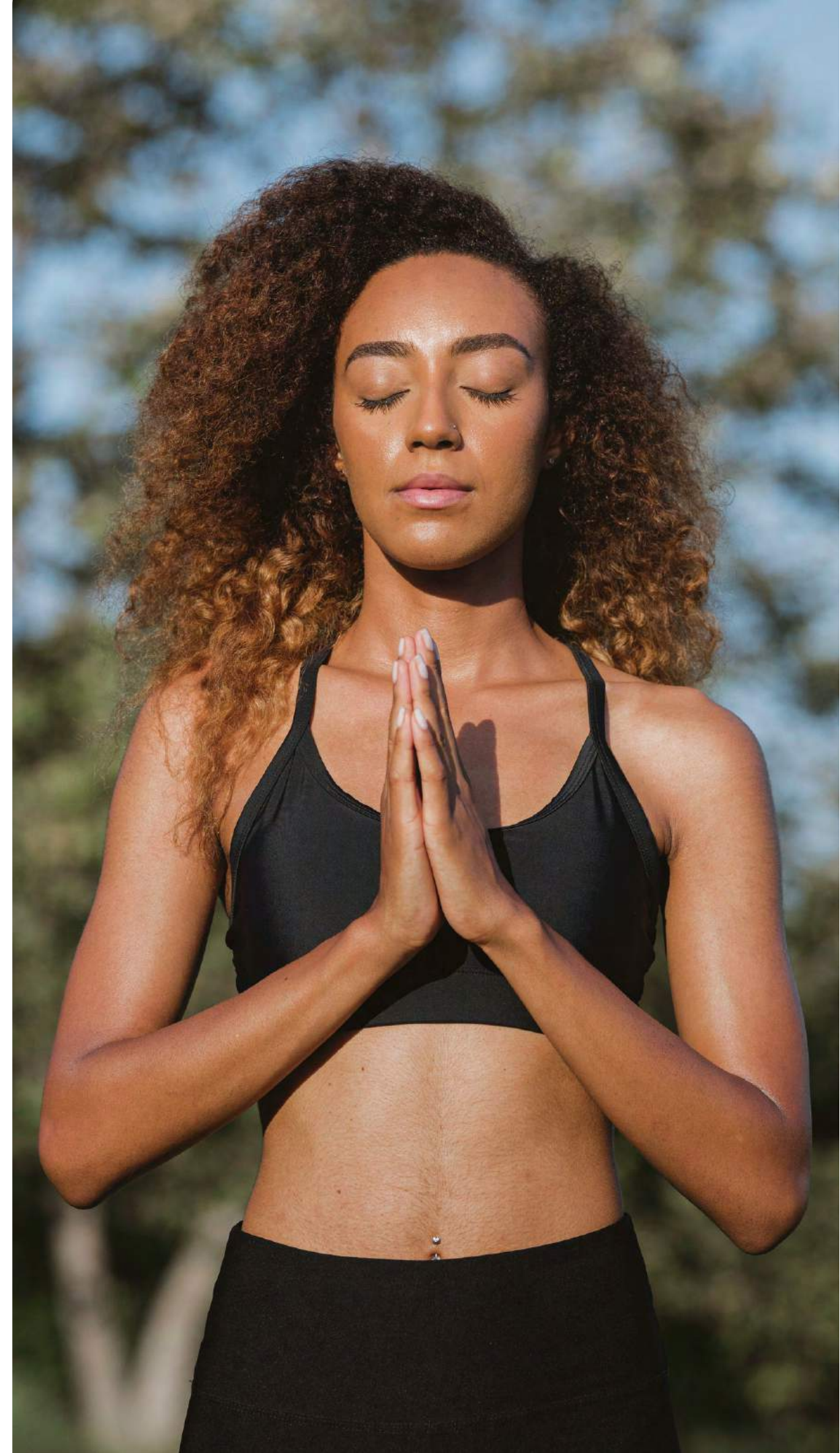
# Day Fourteen - Visualisation

Light visualizations are helpful for relaxation.

Visualize yourself surrounded by a glowing orb of blue light.

Breathe in the light and allow it to fill your whole head. As you breathe out, visualize tension leaving your body as black smoke. It dissolves completely in the light around you.

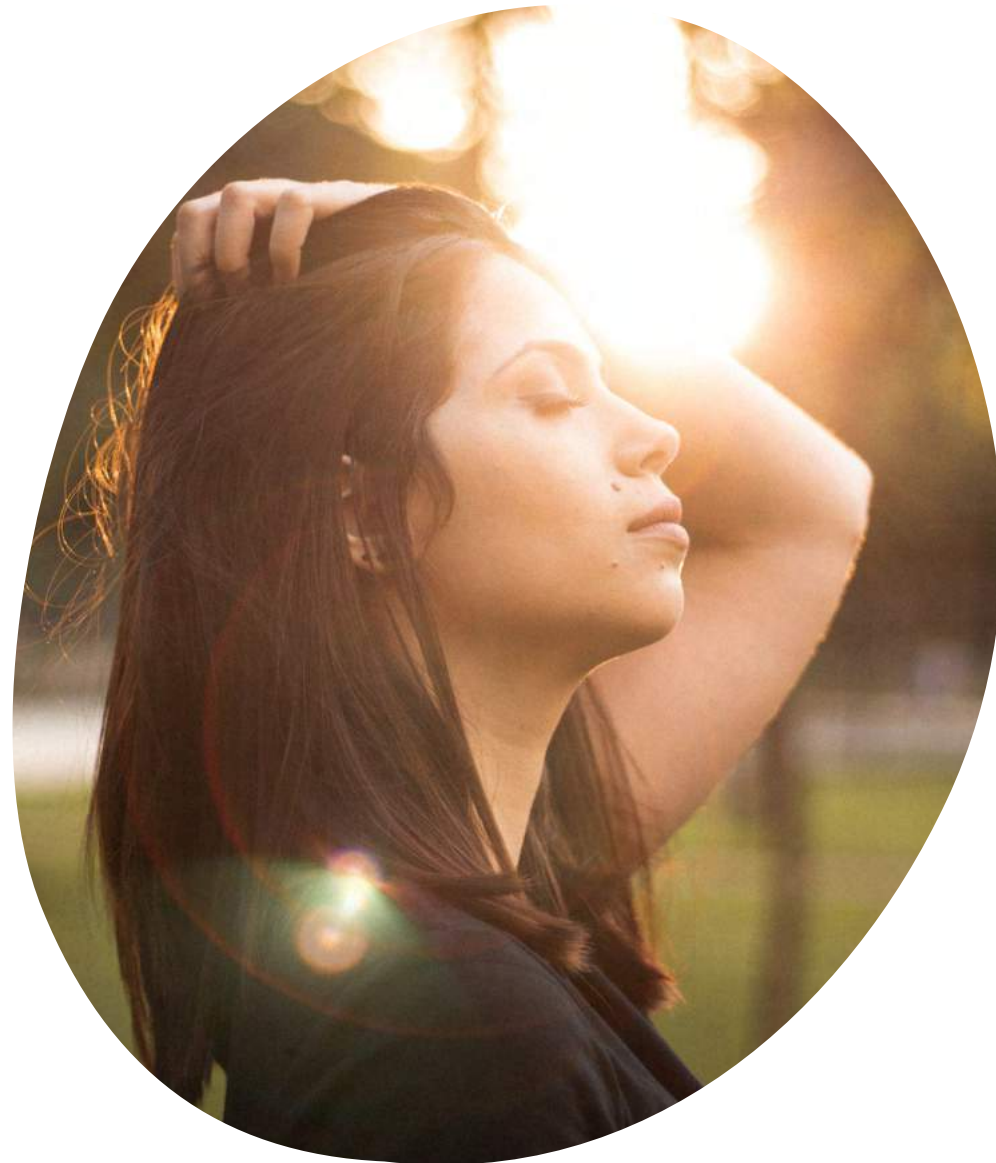
With each breath, allow your body to gradually fill with the healing blue light until your entire being is clear, like a blue crystal.





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## Day Fifteen - Breathing



'7-11' breathing,

Breathe in for a count of 7.

Then breathe out for a count of 11.

Make sure that when you are breathing in, you are doing deep 'diaphragmatic breathing' (your diaphragm moves down and pushes your stomach out as you take in a breath) rather than shallower higher lung breathing.

If you find that it's difficult to lengthen your breaths to a count of 11 or 7, then reduce the count to breathing in for 3 and out to 5, or whatever suits you best, as long as the out-breath is longer than the in-breath.

Continue in this way for 5-10 minutes or longer if you have time – and enjoy the calming effect it will have on your mind and body.



## Day Sixteen - Mindfulness

- Using the power of scent, escape from the reality for 5 mins. You can do this easily with fresh flowers, a lovey candle, a diffuser and some aromatherapy. Use the 5 mins to slow down and really immerse yourself in the scent.

## Day Seventeen- Meditation

Have a listen to this blissful meditation. It's called A breath of Fresh Air and it's only 5 minutes

<https://www.youtube.com/watch?v=JrQMlzvsLIU>

All you have to do is breathe IN and breathe OUT!



## Day Eighteen - Financial

Organise your finances.

Update your household budget for Financial security, one basic activity that will help ease your mind and relieve stress.

If on the contrary it creates stress or anxiety, use this day to ask for help!





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## Day Nineteen - Healing

*Emotional Freedom Techniques is a universal healing tool that can provide impressive results for physical, emotional, and performance issues.*

*<https://www.youtube.com/watch?v=JiD72cZ5mcU>*

## Day Twenty - Spontaneous

*EAT food that makes you feel good!*



## Day Twenty-One - Journaling

### Gratitude

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

Prompts ideas:

What qualities do you have which you value?

What do you appreciate right now?

What 5 things are you most proud of?

What is working well for you in your life?



## **Day Twenty-two - Declutter**

Find a space that oozes overwhelm, and take time to declutter the space. Declutter could be a space, files, emails, a person, a culture, a community that does not serve you anymore!

## **Day Twenty-three - Nature**

Feel grounded.

Spend 20 minutes walking barefoot on the grass to find a sense of calm.

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## Day Twenty-Four - Journaling

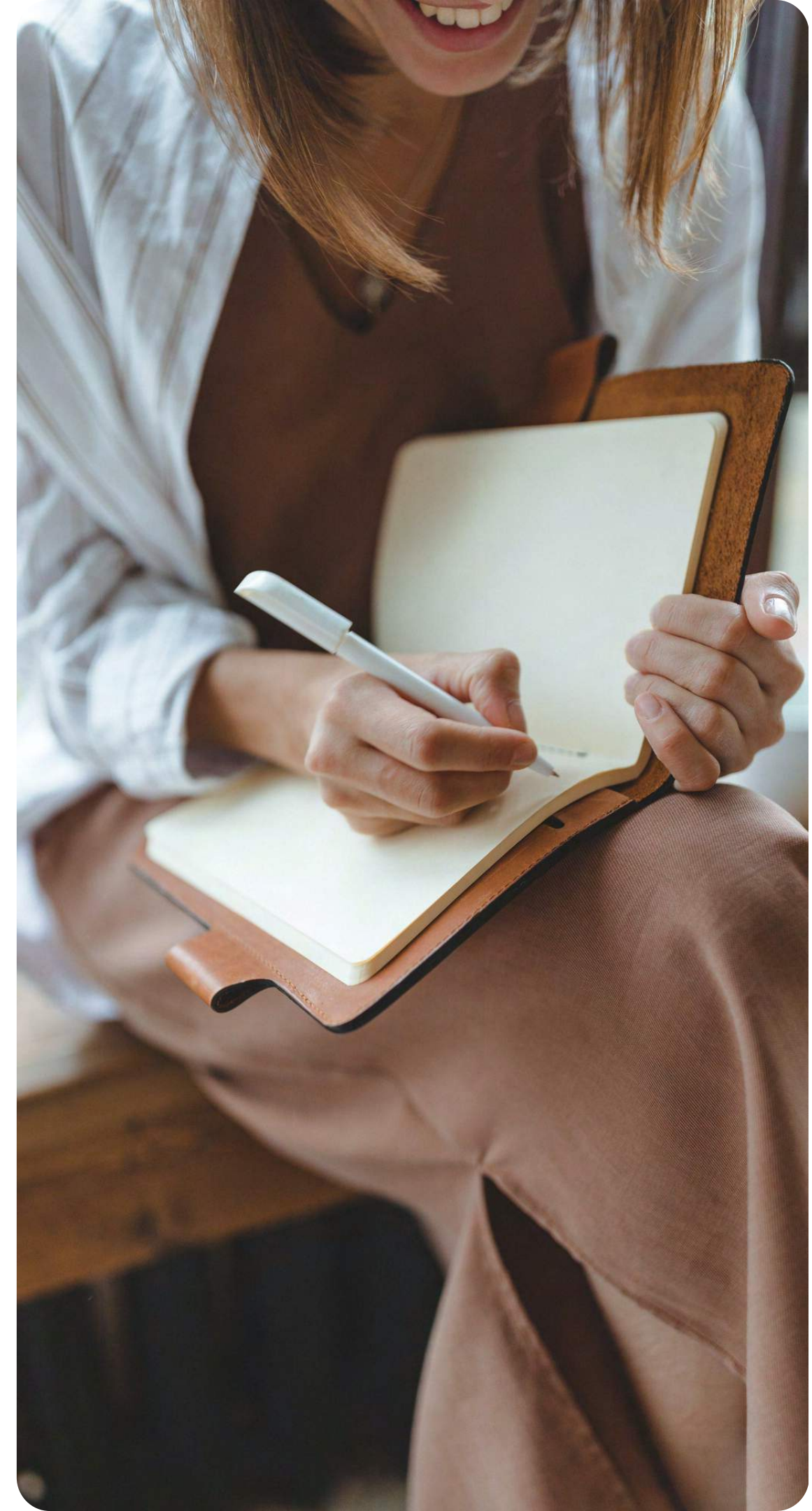
Forgiveness

Practicing forgiveness has powerful emotional benefits for you

Prompt ideas:

Who or what drains your energy? What can you do about it?

How can you be as kind and forgiving to yourself as you are to others?





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# Day Twenty - Five - Visualisation



## Ball of Yarn Technique

Is great to unwind

Picture a small ball of yarn holding all of that residual tension from the day. Find the tip of the yarn and imagine it slowly unrolling. The strand gets longer and longer, and you can actually feel your tension unwinding. When the yarn is completely loose, you can relax and enjoy the night.

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## Day Twenty-Six - Digital

Clear out all the items on your computer desktop and fill them in digital clouds

## Day Twenty-Seven - Pamper Time

Kindness starts with you always, indulge in a dedicated time for TLC





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# Day Eight - Meditation

Aloha Breathe Meditation

As explained by Shannon from Mockinbirds Makes is lovely practice in the Ho'oponopono system that is an ancient healing tradition from Hawaii.

It's a way to thank all the ancestors who have suffered and persevered to keep these traditions alive for us to practice today.

Have a listen here,

[https://www.instagram.com/tv/CQxsKLPnCNx/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/tv/CQxsKLPnCNx/?utm_source=ig_web_copy_link)





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## Day Twenty-Nine - Breathing

*Box breathing or 4\*4 breathing*

*Involves exhaling to a count of four, holding your lungs empty for a four-count, inhaling at the same pace, and holding air in your lungs for a count of four before exhaling and beginning the pattern anew.*

## Day Thirty - Affirmation

*I am HAPPINESS, I cover my body, soul and spirit with LOVE, ACCEPTANCE, KINDNESS to radiate HAPPINESS!*





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**Those 30 activities are great to recenter, re-align or simply stay grounded. My take ultimately is do what fuel your body, mind or spirit and above all LOVE yourself.**

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# About Me

1

*heart*

3

*years of love*

100s

*happy women*

I am Patience the founder of Otentikcare, my haven. I created this wellness hub because I wanted to feel love, happiness, gratitude, forgiveness, mindful self love and appreciation of the little things in life.





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**Stay in  
touch**

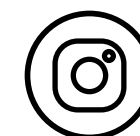
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Find me on



SCAN ME



*Thank you*

