

THRIVING TIMES; Your Health and Wellness Dispatch

Self-Care September: My guide to embracing self-care

Hello Thriving Times subscribers!

Welcome to **Self-Care September**! This month, we'll dive into the essentials of self-care. As your Health and Wellness Coach, I'm thrilled to guide you through building a sustainable self-care routine, harnessing the power of journaling for personal growth, embracing hobbies and leisure activities, and setting crucial personal boundaries. Let's embark on this journey together to prioritise our well-being and cultivate a healthier, happier life. **Keep going to the end as I have a FREE bonus offer for you to explore, trust me, it'll be worth it!**



Building a Self-Care Routine

If you're starting to think this is about being selfish, then stop! Self-care is anything but selfish. Read on and you'll see why....

Creating a self-care routine is about all of you, it's an opportunity to nurture your mind, body, and soul. Here are some steps to get you started:

- **Assess Your Needs:** Identify areas in your life that need more attention, whether it's physical health, mental clarity, emotional balance, or social connections.
- **Set Realistic Goals:** Start small with achievable goals. This could be a daily 10-minute meditation, a weekly bubble bath, or a monthly outing with friends. Don't set yourself up to fail!
- **Create a Schedule:** Consistency is key. Schedule your self-care activities just like any other important appointment.
- **Listen to Your Body:** Pay attention to what your body is telling you. Rest when you need to, move when you feel energetic, and always nourish yourself with healthy food and hydration, need inspiration? I have plenty of recipes to inspire you.

Let's explore some ideas you could try to support your self-care...

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Journaling

This is a powerful tool for self-discovery and personal growth. It allows you to process emotions, reflect on experiences, and set intentions. Here's how to get started:



- ❖ **Choose Your Medium:** Whether it's a traditional notebook, a digital app, or a voice memo, pick what feels most comfortable for you.
- ❖ **Set Aside Time:** Dedicate a specific time each day or week for journaling. Morning reflections or bedtime reviews work well for many.
- ❖ **Prompt Yourself:** Use prompts to get started. Try questions like "What am I grateful for today?" or "What challenges did I face, and how did I overcome them?"
- ❖ **Be Honest:** Your journal is a judgment-free zone. Write freely and honestly about your thoughts and feelings.
- ❖ **Review and Reflect:** Periodically read back through your entries. Notice patterns, celebrate progress, and identify areas for improvement.

Journaling can be a therapeutic practice that enhances self-awareness and promotes mental clarity.

Here's an additional article on the benefits of journaling if you'd like to read a bit more: <https://www.bbc.co.uk/bitesize/articles/z3hshcw>



Focusing on the Importance of Hobbies and Leisure Activities, let's explore some of the benefits:

- **Stress Reduction:** Activities you enjoy can significantly reduce stress and improve your mood.
- **Skill Development:** Hobbies can help you learn new skills and improve existing ones, fostering a sense of achievement.
- **Social Connections:** Group activities or classes can lead to new friendships and social support.
- **Mental Stimulation:** Hobbies keep your brain engaged and can prevent burnout from work or other obligations.

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- **Personal Fulfillment:** Pursuing interests and passions brings joy and satisfaction, enhancing your life.

Whether it's painting, gardening, playing an instrument, or hiking, make time for what you love.

Setting Personal Boundaries is often overlooked so let's shine a spotlight on it here. Are you that person that says yes to everything and everyone? It can be good to push yourself out of your comfort zone, but not into the realms of burnout. It's important to have awareness over your mental and emotional health, both which can be adversely impacted from "porous" personal boundaries. Here's how to establish and uphold your boundaries:

- **Know Your Limits:** Understand what you can and cannot take on. This includes time, energy, and emotional capacity.
- **Communicate Clearly:** Be direct and honest when expressing your boundaries to others. Use "I" statements to convey your needs without blaming.
- **Be Consistent:** This helps others to respect your boundaries. Stand firm in your decisions and follow through.
- **Prioritise Self-Respect:** If you don't respect yourself, you can't expect anyone else to, so respect yourself enough to enforce your boundaries. Remember that it's okay to say no.
- **Reflect and Adjust:** Boundaries may change over time. Reflect on their effectiveness and adjust, as needed.

Setting boundaries is an act of self-respect and self-care that protects your well-being.

Self-Care September is a perfect time to start prioritising yourself and I haven't forgotten that I mentioned a **bonus offer** and here it is, a **FREE 10 day self-care experience**. I've crafted 10 days of information and inspiration for you to try out. The experience starts on Monday 16th September, be sure to enrol by the 14th to one of the limited places. Here's the link to the 10 day experience [Sign me up](#)

Remember, self-care is a journey, not a destination. Be patient, be kind to yourself, and celebrate every step forward.

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As an additional resource I'm delighted to share this simple but healthy AND tasty recipe, great alternative as lunch to prepare in advance, self-care in a jar...

Tex Mex Mason Jar Salads



Serves 5

Ingredients

500g chicken breasts
2 cups cherry tomatoes, sliced
1 cup red onion, diced
1/2 cup grated cheddar cheese
1 bunch romaine lettuce, chopped

Dressing Ingredients

2 tbsp olive oil
2 tbsp lime juice
1 clove garlic, minced
1 tsp chilli powder
1/2 tsp cumin
1/2 tsp each salt and pepper

Method

Bake chicken breasts with a little bit of olive oil, salt & pepper in a 200°C oven for 20 min. When cooled, dice up into 1-inch pieces. Mix together the dressing ingredients then divide dressing evenly into each jar. Layer ingredients in this order: chicken, cherry tomatoes, red onion, cheese and lettuce. Serve by shaking mason jar so dressing gets distributed, then turn out in a large bowl to enjoy.

Storage

Jars will keep in fridge up to 4 or 5 days.

Cooked chicken can be kept frozen up to 3 months.



A little more about me...

With 28 years of experience in the corporate world, I understand the challenges of maintaining a healthy lifestyle in a demanding environment. Now, as a certified health and wellness coach and a proud member of the UK and International Health Coaches Association (UKHCA), I have made it my mission to guide individuals toward a sustainable and healthy way of living.

My own journey through a significant injury has deepened my empathy and understanding of the struggles many face when confronted with the physical and emotional challenges that come with health setbacks. I know firsthand what it's like to travel that path, and I firmly believe everyone deserves better when it comes to their health.

I have been in a number of volunteering roles over the years, and one of the most comical moments was at the Glasgow Commonwealth Games in 2014 when I had my photo with a 6-foot thistle!!! Also, the Games mascot.

I've also been a volunteer with the ambulance service since January 2013 in a frontline role, as part of the 999 system. This role has further highlighted the critical importance of making positive lifestyle choices before it's too late.

I recognize that everyone's health journey is unique, and I am here to provide tailored solutions that fit your individual needs. My goal is to help you create a lifestyle that is not only healthy but also sustainable, so you can enjoy long-term well-being.



Together, we can find the path that works best for you, know you will be empowered to live your happiest and healthier life.

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I'm delighted to be able to extend a warm invitation to a 1 to 1 call with me



SAMANTHA FORD
CERTIFIED HEALTH
AND WELLNESS COACH



YOUR PERSONAL INVITATION

Accept my gift of a complimentary 40 minute WELLth check call to explore how you can feel happy & healthy, regain hope and the control to lead a full life, now and beyond.



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You can use the link [here](#) or head over to my [website](#) if you prefer, I look forward to gifting you a safe space to start exploring your health and wellness journey.

All that remains now, as I sign off, is to say here's to a month of self-discovery, growth, and boundless self-love! You're worth it and remember, self-care is not selfish; it's necessary.

In health and wellness,

A handwritten signature of Samantha in black ink on a white rectangular background.

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