



Self Care Tips to  
boost your day.

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## HALIMA KESHAV

Hi I'm Halima and I'm thrilled that you are here.

I am a Mindfulness Life Coach, Clinical Reflexologist, K.O.R.E. Consultant and massage therapist.

I am passionate about helping overwhelmed business women create a space to reconnect with their authentic selves.

Working in the health and wellbeing sector was never something I ever thought I would be doing. It came about as a way to work and still be around my children while they were growing up.

The more I learned, the more I wanted to learn and I was hooked. I love learning about our awesome bodies and how to support and listen to them.

This self care guide will help you create space for yourself, to listen to what your body is telling you.  
To value you and not feel guilty about it.



# Why

## SHOULD I?

Sometimes carving out a whole hour for self care can be daunting. Do little bits more often and before you know it you've built an hour of self care into your day. Yay!!

These easy, quick tips can help you improve your focus and clarity, making you more productive. And if you are running your own business that is super important.

Making time to look after yourself is certainly NOT selfish.

Looking after yourself helps your body heal and recharge, so you are able to cope with the stressors of daily life.



# Tips



Boiling the kettle for a cuppa. Stop and breathe. Take a deep breath in and hold for 5 seconds. Breathe out for 5 seconds. Do this every time you boil the kettle and before you know it you've spent 20 odd minutes (depending on how many cups of tea you drink) doing some deep breathing.



When you are sat at your desk, busy building your empire, do some stretching. Pull your shoulders up to your ears and then drop them. Just let go. Do this a few times and see how loose and awesome your shoulders feel.



Meditate. Start your day with 5 minutes of meditation, you can build this up as you go. Focus on the moment and just sit with your thoughts.



Journal. At the end of the day just write whatever comes to your mind about your day. This can help improve your sleep, as all your thoughts are now safely written down.



Be Grateful. Every morning while you are having your breakfast think of 3 things you are grateful for in your life. What you focus on grows.





# Stay In Touch



Face book group



Face book



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I would love to hear how you get on with these tips. Get in touch and let me know.

Best wishes

*Halima*

