

Self-Care Practices

to help you return to work

Here's the scoop...

The practices I share in the Guide come from CBT (cognitive behavioral therapy), Ayurveda and Yoga, and I use them with my clients every day (I also use many them in my own life).

They're designed to calm your nervous system and help you replenish your vital life energy.

By incorporating just one or two practices in small ways, consistently over time, you will be actively balancing all of the stress and craziness in your world.

Every little bit of help you can give yourself matters.

How to use this Menu of Self-Care Practices

- Print out the Self-Care Menu & put it on your fridge
- Choose one practice & commit to incorporating it.
- Be kind to yourself.
- After you fail, come back to the practice. This is as important as the practice itself.

For more details on each of the practices, refer back to the [blog post](#) on heidijandel.com or [contact me](#).

Ask yourself great questions...

That will help you be successful. Here's one to get you started: "*How can I make this easy*"?

HI, I'M HEIDI.

I'm a holistic life coach and I help women get unstuck and create lasting self-confidence so they can build a life they love. ❤️



MENU of self-care practices: HOLISTIC GUIDE TO RETURNING TO WORK

Tip	Options for how to practice it	Your notes
Align your mind & your emotions	Use a process like Daily Mind Alignment or daily journaling to clear and process negative thoughts.	
Schedule anchors in your day	<ul style="list-style-type: none"> • Eat a meal • Wake up/go to bed • Exercise 	
Get deep rest regularly	<ul style="list-style-type: none"> • Do yoga nidra at lunch time • Do restorative yoga before bed • Get acupuncture or massage weekly 	
Slow movement practices	<ul style="list-style-type: none"> • Slow vinyasa yoga or qigong • Swimming 	
Nourishing food choices	<ul style="list-style-type: none"> • Choose foods that are warm and moist (soups, Dahls, cooked vegetables); • Avoid hard, dry foods. • Eat lots of healthy fats • Avoid cold foods and beverages, as well as caffeine 	
Mindful eating	<ul style="list-style-type: none"> • Take 3 deep breaths before eating • Eat one meal per day in silence/distraction-free 	
Support yourself with herbs	<ul style="list-style-type: none"> • Chwayanprash (a blend) • Banyan Botanical's Stress Ease 	
Spend time in nature	<ul style="list-style-type: none"> • Eat one meal per day outside • Begin or end your day with a short walk, appreciating nature • Have fresh flowers or plants on your desk and admire them often 	
Practice concentrating the mind (dharana)	<ul style="list-style-type: none"> • Do breathing exercises (pranayama) • Color a coloring book • Play rhythmic music 	
Reduce external stimulation (pratyahara)	<ul style="list-style-type: none"> • Have quiet time every day where you close your eyes and plug your ears. • Do intermittent technology fasting by limiting tech between certain hours (like from 6pm-9am) • Reduce the amount of info you bring in daily via the internet, podcasts & news 	