



*The Power of
Self-Care*

MY 3 TOP TIPS FOR SELF-CARE AS A
BUSY MILLENNIAL WOMAN

G E O R G I A H O L L I D A Y

♥ Hey beautiful ♥

I'm Georgia Holliday, and I help women like you, starting their health and self-growth journey, go from stress and self-doubt, to sass and self-love.

My mission is to teach stressed out millennial women, how to introduce and implement self-care into their everyday routine to help them live their most self-full lives and show up as the best version of themselves.

I am sharing with you my 3 top tips for getting started with self-care as a busy millennial woman because I understand the thought of adding something else to your plate, can seem a little overwhelming.

In this eBook, I am breaking it down and taking it back to basics, to help you realise that self-care isn't just a luxury for those that are time rich, but an absolute necessity for the modern day woman.



♥ WHAT IS SELF-CARE? ♥

Self-care is putting yourself first.

It is the practice of taking time out for yourself in order to *recharge* your energy, every single day.

It is *intentionally* doing something each day that makes you happy and lights you up.

It is choosing to honour your needs for the benefit of you *and* the people you care about.

It is taking care of *every* part of you: your body, your mind and your soul.

It is giving yourself *permission* to slow down, without feeling guilty for it.

It is allowing yourself the time, love and energy you so freely give to everyone around you.

Self-care is the ultimate act of self-love.

Continue reading to find out my top 3 tips to getting started with self-care.

*Self-Care is the ultimate
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TIP #1: CHANGE YOUR MINDSET ♥ AROUND SELF-CARE ♥

Sadly, a lot of women see self-care as selfish. They see it as obnoxious and vain.

I get it. We are raised to think that if we put ourselves before other people that we are selfish and self-indulgent. However, this could not be further from the truth.

I encourage you to challenge this belief and swap it for a new, healthier mindset that will benefit you, and everyone around you in a more wholesome way.

Also, as women, I believe we naturally want to help others. It's that nurturing instinct we all have inside of us and if you're a Mumma then I'm sure you know what I'm talking about. However, this often comes at the sacrifice of forgetting about ourselves.

This is what I want your new mindset around self-care to be...

Self-care is not selfish, it is self-FULL.

Repeat it with me, '*self-care is not selfish, it is self-FULL*'. I want you to keep repeating this to yourself, write it down, use it as your screensaver, do whatever it takes, until you really believe it.

You cannot help others unless you are FULL. You cannot be the best Mum, Wife, sister, friend, employee, boss etc. if you are not taking time to put yourself first. If you have no energy for yourself then how do you expect to have energy to give to other people?

You are doing yourself and the people you care about a *disservice* if you do not see the value and importance of looking after yourself.

This is where self-care comes in.

*Self-Care is not selfish,
it is Self-Full*

TIP #2: DO WHAT FEELS RIGHT

♥ FOR YOU ♥

There are so many different forms of self-care, but they won't all be for you, and that's okay! The most important thing when it comes to self-care is that it feels good for *you*. It doesn't matter what I'm doing, or what your friend at work is doing or what Sally Self-Care on Instagram is doing, it matters what *you* are doing.

And let me just point out, there is no right or wrong when it comes to self-care, so don't let anyone tell you you're 'doing it wrong'.

Some examples of Self-Care:

- Exercise
- Singing
- Meditation
- Journaling
- Taking a bubble bath
- Drinking hot tea
- Watching your favourite Netflix show
- Dancing

Some less obvious examples of self-care:

- Saying no to things you don't like
- Cancelling plans because you need to rest
- Working on yourself
- Challenging your limiting beliefs
- Investing in yourself
- Decluttering your space
- Unfollowing people on social media that no longer resonate with you

As I said, there is no right or wrong. I simply encourage you to take time out each day to do something that makes you happy, brings you joy and lights you up. It could be as simple as enjoying a coffee whilst it's still hot or as wonderful as cancelling all your plans to have a pamper day to yourself. You might not find what suits you straight away but that's okay too. Keep experimenting with different types of self-care until you find a few you love and implement them daily.

TIP #3: DON'T WAIT UNTIL IT'S ♥ TOO LATE ♥

I know you're busy. I know you have about 101 things on your to do list and 4733 tabs open in your brain...but that is exactly why you need to practice self-care.

Unfortunately, we live in a society where we don't look after ourselves until we are already sick. We don't take action until our bodies force us to.

Self-care should not just be used as a 'get out of jail free card' when you are on the verge of a meltdown. It should be implemented daily, as a preventative method. Daily self-care will prevent you getting to that point of complete meltdown because you are listening to yourself and your body and honouring what it needs.

Let's take our cars for example. We fill them up with fuel before they hit empty, we take them for MOTs to ensure they are working properly and we ensure we clean them. And if something seems a bit dodgy or it sounds like it needs fixing, then we take it to the garage and we invest in the car to ensure it continues to work. We don't just wait until we crash into a tree because the brake pads are useless and the tyres have zero grip. That would be silly, not to mention an accident waiting to happen!

So what is the difference when it comes to us? Why do we value ourselves less than our cars?

I need you to be giving yourself as much love, attention and self-care as you would your car or any other valuable item in your life (perhaps like your phone which we recharge more often than ourselves!)

Don't wait until you are bogged down by all the stresses of life to decide you need self-care just to keep you afloat and delay a mental breakdown. Use it as a preventative tool that allows you to be the best, most full and happy version of yourself possible.

♥ BONUS TIP! ♥

Because I really want to help you implement self-care into your life I'm sharing a bonus tip with you.

My bonus tip is to *schedule your self-care*.

Yeap! Sounds weird, but you are far more likely to actually do it, if you have created that time, and scheduled it in.

You wouldn't skip out on a doctors appointment would you? So schedule your self-care time in as if it were just as important as a doctors appointment (FYI it is).

So go and grab your diary, right now, and schedule in 10 minutes of self-care everyday for the next week. You have time. Everyone has at least 10 minutes a day for themselves. But if you feel like you don't, then you need to evaluate how you're spending your time and move yourself up to the top of your priority list. Because you are the single most important person in your life and you need to start acting that way.

*Self-Care means giving yourself
permission to pause.*

♥ THANK YOU ♥

I hope this has helped you understand why self-care is so important and necessary for you to have in your life. I also hope it has inspired you to introduce the practice into your everyday routine. If it has then be sure to share it with someone you care about so it can help them too.

Remember: you are more than worthy of self-care and you deserve the time, energy and love you so freely give to everyone else around you. Now it's time to turn that care back on yourself and put yourself first.

I have a free 100 Self-Care Ideas that you can download to give you some inspiration when it comes to your practice.

[Click here to get it now, for free.](#)

www.gljfit.co.uk

Instagram: @georgiaholliday_

YouTube: Georgia Holliday

Facebook: GLJ Fitness

Podcast: The Self-Full Podcast

