




YOGA WITH ZAZ

5 Steps to Self-Care

1. **DAILY MANTRA** - I AM ENOUGH
LANGUAGE IS POWERFUL, THE WORDS WE USE TO OURSELVES ABOUT OURSELVES ARE AS IMPACTFUL AS THOSE OTHERS USE ABOUT US.
2. **HIT PAUSE & BREATHE** - SIT WITH EYES CLOSED AND TAKE 5 DEEP BREATHS (THIS TAKES AROUND 15 SECONDS, APPROXIMATELY THE TIME THE BRAIN NEEDS TO INHIBIT THE RELEASE OF STRESS HORMONES INTO THE BLOODSTREAM)
3. **SELF HEALING TOUCH** - IN ADDITION TO RUBBING YOUR TEMPLES TO RELIEVE STRESS OF HEADACHE, PRESS THE SPACE BETWEEN THUMB AND FOREFINGER, OR RUB HANDS TOGETHER RAPIDLY AND THEN CUP THEM OVER YOUR EYES
4. **COMMIT TO MOVE** - MAKE AN APPOINTMENT AND COMMIT TO KEEPING IT TO TAKE AT LEAST 5-10 MINUTES TO MOVE YOUR BODY EVERY SINGLE DAY. GO FOR A WALK, DANCE, DO SOME YOGA, IN A CLASS, ONLINE, OR SUN SALUTATIONS AT HOME...
5. **NOURISH** - PREPARE SOMETHING DELICIOUS TO EAT, DRINK MORE WATER AND GET ENOUGH SLEEP. YOUR BODY HOUSES YOUR SOUL - TREAT YOURSELF AS YOU WOULD A SOMEONE YOU TRULY CARE ABOUT

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Daily Mantra & Affirmations



When we use positive language to ourselves about ourselves we are essentially "brainwashing" ourselves into believing these positive statements, just as much as the reverse is true.

As such, the words we use to talk to and about ourselves - whether those are words we speak aloud to other people or even our thoughts, words are INCREDIBLY powerful.

Daily affirmations or mantras can become like shields, to deflect the negativity that often rises up, and to reinforce positive attitudes and self-love, encouraging a mindset that minimises judgement, and promotes compassion and forgiveness of the self.

Here are 7 affirmations for you to use whenever and as often as you wish - ideally repeat your affirmation every day. It can be the same one, or the one that resonates with you and your energy on that particular day. Write it down and stick it somewhere you'll see every day - inside a cupboard, on a notebook, a mirror, wherever works for YOU.



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Daily Mantra & Affirmations

I suggest that you repeat your affirmation at least 3-5 times, breathing in and out deeply, visualising the words embedding themselves into every cell of your body... almost like a tattoo on the skin. Use them as they are, or perhaps they may lead you to find other words that resonate for you. All that matters is that you keep it simple and that they make your heart and soul light up and tune in.

- I AM ENOUGH
- I AM CONNECTED AND POWERFUL
- I AM ALIGNING TO MY MOST POWERFUL AND AUTHENTIC SELF
- I AM OPEN TO OPPORTUNITY AND TO LEARNING
- EVERY POSSIBILITY RESIDES IN ME
- I AM EVOLVING AND HEALING
- I AM CONTINUOUSLY GROWING AND DISCOVERING MYSELF



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Hit Pause & Breathe

Get rid of the guilt! Doing nothing is a rarity in our modern world. We need this, we need to create space in our lives to hit pause. Our brains function more efficiently if we have time to pause. I like to think of it as that moment before an airplane takes off, when the pilot pauses and checks everything, before launching down the runway!

For a start, aim to genuinely hit pause each and every day - place your phone away from your reach, and ideally turn it onto silent. This doesn't have to be for long (before you panic and have social-media withdrawal!)

Sit somewhere, perhaps it might be on a park bench, or equally at home. Sometimes, I'll even just pop to the bathroom, shut the door and sit with the lid down to close my eyes and reset.

If you can, simply sit and focus on your breath. Tell anyone who needs you that you will be back in exactly 30 seconds.

Take 5 deep inhales, and 5 long exhales. Notice how you feel before and after. Make this into a daily practice, and you may start to notice how calmer you feel, or simply when you need to come back to the breath if a stressful situation looms.



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Self-Healing Touch

Touch is the most primitive and intuitive of healing modalities. When we feel pain, we instinctively reach to protect or soothe that part of the body. A touch or hug from someone we care about can release serotonin into the bloodstream, bringing feelings of contentment, joy and even love.

Equally, we can also heal ourselves and bring that sense of wellbeing to our own bodies.

I teach many workshops on the power of touch, here are a few little tips to try:

- Pressure points - for a headache, try gently pressing thumb and forefinger together on the soft part of the opposite hand between thumb and forefinger.
- Hand massage - apply firm long strokes from the wrist to each finger joint. Give the tip of each finger a little pinch and gentle pull.
- Foot massage - work through the arches of the feet, and apply pressure with the thumbs from a point just above the centre of the heel, imagining you are following 5 lines that fan out, leading to each toe
- Stomach cramps - massage with gentle but clear pressure in a clockwise direction.



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Self-Healing Touch

Daily application of some kind of body cream or oil will not only keep the skin soft, but will also familiarise you with your body, so that should anything unusual appear on the skin or below the surface, it is immediately noticed.

Checking your breasts or pectoral area (for men) should be a standard daily practice, whether during a shower or when applying body cream

If you have a bit more time...

Abhayanga - this is an ayurvedic self massage ritual using oils to massage and lubricate the skin over the entire body. Use almond oil, coconut oil (softened between your hands), or any oil you enjoy using. You can do an online dosha test to find out your Ayurvedic dosha type, and the oil specifically recommended for you, This will take at least 15-20 minutes, and feels incredibly luxurious. From the toes upwards, gently massage oil between each toe, around the ankles and soles of the feet, then travel up using gentle and smooth upward strokes, via the calves, knees (front, back, sides), thighs, bum, belly, ribcage, chest, shoulders, tops of the arms, elbows, forearms, each finger, including the nails, and finally neck, face and scalp. You can find Abhayanga tutorial guides on youtube.



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Commit to Move

It's no news that we are encouraged to bring more movement into our predominantly sedentary lives. There are two options here -

1. Find ways to add more physical activities into your daily life
2. Make an appointment in your diary and STICK TO IT, as you would keep a doctor's appointment, or a date with a friend or partner.

Tips to add activity into daily life -

- When you get out of bed in the morning, immediately get onto your hands and knees and do 3-5 cat/cow movements, arching and curling the spine.
- If you feel like it, add in 3 sun salutations every morning - this should take you around 5-6 minutes!
- While the shower warms up, place hands on the edge of the bath behind you, and do some tricep dips
- Whilst brushing your teeth, 10-20 squats
- Set the kettle to boil, and do some more squats, or perhaps some leg lifts
- Take the stairs at least once a day, until it becomes natural not to use the lift, and definitely aim to walk up and down moving escalators if you can. If you work on the 20th floor, maybe you take the stairs for the first 5?



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Commit to Move

Making an appointment in your diary is also a good trick to book time for looking after yourself. But it's so important to stick to it!

Planning fitness in to your day at the same time each day creates habit, and also underlines the importance of keeping an appointment you won't miss!

When I worked in the beauty industry as a marketing manager, I soon realized that my days were gobbled up by meetings, and vague plans of keeping fit were overridden by an over full schedule. Eventually, I decided to block out an hour each week, then every other day in the work diary.

When our team secretary came to book meetings, she would see that those time slots were blocked out as busy, so built meetings around them. I headed out at that set time to take a swim, a class or simply a quick walk.

We make appointments with other people that we keep because they are important to us - doctors, an appointment to collect our kids at a certain time, trips to the shops - all because they are non-negotiables. Our health and self-care should be right up there too!



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Nourish

This section is not solely about nourishing your body with food, but looking at yourself and treating yourself holistically.

One of the best pieces of advice I have heard is to treat yourself as you would a small child... take naps, get into good sleeping habits, put really good quality ingredients into your body when you eat, play and learn new things every day, speak to yourself lovingly and allow yourself to make mistakes.

What will nourish each and every part of you is different for every person. But consider for a moment, what makes you feel nourished, and light and happy in -

- Your Body - from food to movement and rest
- Your Mind - from the conversations you have, to the kind of input you absorb (social media, books, magazines, television, films, podcasts, games etc etc)
- Your Heart - from the way you speak to yourself to what touches you, moves you...it doesn't even have to involve another person!

What can you give yourself to nourish all these parts of you, without anyone else being responsible for your joy?



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Nourish

Busy lifestyles can often mean that we eat on the fly, grabbing whatever is convenient, skipping meals, and then hangrily eating a "proper meal" last thing at night. Come back to basics - carry nuts and chopped fruit or veggies in tupperware with you. For a healthy breakfast smoothie when time is limited in the morning try this:

Almond or coconut milk
Handful of blueberries
1 Banana
Cocoa nibs (1tbsp)
Porridge Oats (1tbsp)
Squeeze of honey or agave nectar

Optional -
Chia seeds (1tsp)
Maca Powder (1tsp)
Peanutbutter (1tsp)

Pop into the blender and voila!

Commit to your 5-a-day each day... but also, recognise that it can be easier than you think! The above smoothie already counts for 2 portions! Did you know that 2 tablespoons of tomato puree is 1 portion? And onions and garlic count too? An orange juice at lunchtime is one portion, and also aids in the absorption of iron into the body.



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Nourish

Notice also what you need at different phases - our needs for nourishment change according to the seasons of the year, hormonal fluctuations and even the phases of the moon. Take time to notice what you feel and the relationship to what is going on outside of your body.

If you are interested, perhaps investigate via an online test what your ayurvedic dosha (type) is, and discover what you need at different times of year.

Listen. Greet yourself regularly and ask how you are.

Body, Mind, Heart and Soul. And Listen. Listen to the answer. Your intuition knows what you truly need to be your own best friend and carer.

Locate what you need to nourish yourself, to raise your vibration, and create the time and opportunities for more of those things. It can sometimes seem impossible to create pockets of opportunities to nourish ourselves - but if there were ten things you could do to nourish yourself, and you did just one each week or each day? As the saying goes, rather than trying to be 100% better in a year, aim for 1% improvement each day....