

Thirty Days of Self Care by Jolie Dekleva

1. Play today, with play dough, sand, draw in a coloring book, Sudoku, whatever, just for fun.
2. Find a solution to a nagging problem. A permanent place for lost socks (hint in a basket by the door), Invest in a Tile to help you if you always lose your phone or keys. Deal with it, it's done.
3. Use your Emotional Aromatherapy Oils proactively. Look at the emotions wheel for ideas, or smell them, the one you need will stand out.
4. Watch your favorite movie, laugh, cry, be present. Don't feel guilty, enjoy it!
5. Practice Mindfulness, in eating, brushing teeth, in a quiet moment of peace.
6. Organize a troublesome drawer/closet/desk. Yes, this is self-care, you will feel good, not get as frustrated, and feel inspired.
7. Learn 5 or more yoga stretches. Check out YouTube.
8. Pray! Find a verse or other mantra that will inspire and uplift you, then let it go, lean in to Him and experience peace.
9. Soak your feet in hot water and Epsom salts. I love to add Lemongrass or Eucalyptus (4 drops)
10. Check your thinking. Journal your negative thoughts and replace with a positive truth.
11. Go to bed early once a week. For sleep support try Serenity Sleep System, taking one or two soft gels and diffusing Serenity oil.
12. Listen to music that calms, energizes, or inspires you. Upbeat music turns a mundane chore into something fun, try tribal or salsa music for a boost.
13. Do a random act of kindness, let's get our minds off ourselves and serve someone. Try bringing a meal, stopping by a nursing home to visit the lonely, text encouragement to an acquaintance.
14. Take a multivitamin. Life Long Vitality Pack is all you need.
15. Try something new. Visit the Library, go to a Line Dance class, try a new walking trail.
16. Start a gut cleanse and stick with it. For one month use doTerra's cleanse and restore products to increase nutrient absorption and strengthen your immune response.

17. Begin a gratitude journal. Write 10 things a day that you're thankful for. Read a book about gratitude like 1000 Gifts.
18. Treat yourself to a treat. A large cup of hot steaming tea (add peppermint oil or cardamom when it cools to drink), have a cube of dark chocolate, a delicious apple with almond butter.
19. Write a blessing to someone who is bothering you. Put on your Forgive oil, and pray for someone who has hurt you, or serve them in some way anonymously. Forgiving will free you.
20. Go outside. Take a walk in the fresh air, even if it's cool, just bundle up. If it's warm consider going barefoot. Grounding too has its emotional benefits.
21. Sit on the floor and enjoy your pets.
22. Practice Deep Abdominal Breathing. Add Balance essential oil or Breathe to your chest.
23. Read the Bible or other inspiring poem, book, story.
24. Make yourself a huge salad with all the things you enjoy. Nourishing yourself with good food is self-love.
25. After a bath or shower, slather yourself with a palm full of coconut oil with 2-3 drops of Frankincense added. Allow God's grace to flow over you, accept it for the day.
26. Write inspiring quotes on your mirrors.
27. Start a new healthy habit. Flossing your teeth, stretching before bed, adding a fruit or vegetable to every meal.
28. Take time to pamper yourself. Try doTerra's new Spa products like the mud mask or sugar scrub. Use the Reveal Skin System or add oils to your bath with a cup of Epsom salts.
29. Exercise. Use deep blue rub proactively on those knees, hips, or feet, that previously deterred you. Exercising to sweat is ideal for helping your body release toxins, but any exercise is better than none.
30. Turn off technology. Facebook and other social media has been linked to depression. In the Media, negativity sells. Be informed, then turn it off. Be present with the ones you love.

