

Self care isn't selfish - it's ESSENTIAL.

Self care to thrive



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self care isn't selfish

Self Care isn't selfish, it's ESSENTIAL.

Caring for your mental & physical health & wellbeing ensures that you have everything you need to THRIVE as a teacher, partner, family member and friend.

When you thrive, so do all of those around you.

As teachers, you are giving all of the time – your energy, your time, your ideas, your feelings... and it's draining.

Taking Self Care seriously is vital if you are to stay healthy and well - physically, mentally, emotionally and energetically - and to minimise disease and possible burnout.

Use this booklet as a Self Care Gift Guide to get you started on your journey to nourishing yourself from the inside out.





your self care journey

EXERCISE

MEDITATE

GRATITUDE

SLEEP

NUTRITION

SOCIAL SUPPORT

EMOTIONAL REGULATION + FEELING THE FEELS

Life is a rollercoaster. One day we can feel great, the next as though we've been hit with a ton of bricks.

Practicing slow belly breathing and cultivating mindfulness encourages us to slow down, get quiet and be present to the task at hand.

Engaging in a mindfulness meditation teaches us how to recognise our emotions but not react to them.

Mindfulness meditations train us to be better at weathering emotional experiences. We learn to feel the feels without 'falling in a heap' when things get tough.



JOURNALLING

Journalling is mindfulness practice that encourages being present while keeping perspective.

- It's a proven and powerful practice to off load our thoughts, feelings and emotions in a safe way.
- It presents an opportunity for emotional catharsis and helps our brain regulate big emotions.
- It builds our self-confidence and sense of self.

GIVE IT A GO

- Purchase a lined or plain paper hard cover book. There are many on the market that have beautiful coverings or get creative and cover the book yourself.
- Start with a daily commitment to journaling for 5 – 10 minutes.
- Sit in a quiet sunny spot (inside or out) and perhaps put on calming music.
- Journalling doesn't only have to be words – draw; doodle; make maps; cut out from magazines....
- Be expressive and creative and enjoy the thought flow!





you are what you eat

You've heard the saying by Hippocrates, the famous Greek physician, who said, in the year 440 BC, "Let food be thy medicine and let thy medicine be food."

If you look truthfully at your diet, would you say you're feeding yourself with healthy, nutritious foods that nourish your body, mind and soul?

Without being judgemental or too harsh on yourself, if you know there's room for change, commit to making small changes that you can maintain. A little goes a long way, and what you want to do is cultivate good habits that will last a lifetime, not fad diets that fall away within a few weeks.

Two of my favourite go-to sources for ALL things nutrition are Dr B and Simon Hill. They each have amazing podcasts and are authors of top quality, science-based books. Try these if you're keen to learn more.

[The Fibre Fuelled Cookbook: Inspiring Plant-Based Recipes to Turbocharge Your Health](#) by Dr Will Bulsiewicz

[The Proof is in the Plants](#) by Simon Hill

In short, create a nutrient-dense diet that:

- keeps your immune system thriving
- reduces chronic inflammation
- promotes friendly bacteria
- balances your body's chemistry and supports

3 its amazing ability to heal itself



ELIMINATE
SUGAR +
PROCESSED
FOODS

REDUCE
CARBS

INCLUDE LOTS
OF FIBRE-FILLED
FRUIT
+ VEG

INCLUDE GOOD
QUALITY
NATURAL
FATS

MODERATE
AMOUNT OF
ANIMAL
PRODUCTS

FILTERED
DRINKING
WATER

Harissa carrot & sweet potato soup with crispy chickpeas

A DELICIOUS IMMUNE BOOSTING SOUP. SWEET POTATO & CARROT ARE TOASTED IN GINGER AND TURMERIC WITH ADDED TAHINI AND COCONUT MILK TO GIVE A SMOOTH AND SILKY TEXTURE. THE SOUP IS FINISHED WITH CRISPY ROASTED CHICKPEAS AND ALMONDS WHICH ADDS A LOVELY CRUNCHY TEXTURE AND PROTEIN KICK FOR A WELL ROUNDED MEAL.



INGREDIENTS:

1 onion, roughly chopped
2 garlic cloves, minced
2cm piece of ginger, grated
½ tsp turmeric
1 tsp ground cumin
1 tbsp harissa paste
300g sweet potato, peeled and cut into 2cm pieces
2 carrots, peeled and thin sliced
300ml vegetable stock
1x 400ml tin coconut milk
½ lemon, juiced
2 tbsp tahini

Crispy chickpeas: optional

1 400g can chickpeas, drained
1 tsp smoked paprika
10g flaked almonds
15g parsley leaves, roughly chopped

METHOD:

1. Preheat oven to 190C fan.
2. Place the chickpeas on a small baking tray lined with baking paper. Toss with a drizzle of olive oil, smoked paprika and season with salt and pepper. Roast for 45 mins until crispy, giving them a shake every 15 minutes. Add the flaked almonds to the tray for the last 5 minutes to toast. Leave to cool and toss with the parsley.
3. Place a large saucepan over a medium heat and add a drizzle of olive oil. Add the onion, garlic, ginger and a pinch of salt. Cook for 5 minutes until softened.
4. Add the spices and harissa paste and cook for 2 minutes until fragrant. Add the sweet potato and carrot tossing to coat in the spices.
5. Pour over the veg stock and coconut milk. Leave everything to simmer for 15 minutes until the veg are soft and cooked through.
6. Transfer to a blender with the tahini and lemon juice and process until smooth, adding more liquid if you'd like a smoother consistency. Taste and season with salt and pepper.
7. Pour the soup back in the pan. Warm through when ready to serve and garnish with the crispy chickpeas.





end of the week self care tips

Make time for yourself:

- Gift yourself with Bodywork – massage; acupuncture; sauna + cold plunge; chiropractic tune up the choices are endless!
- Soak in a hot bath with bath salts or your favourite bubbles. Unplug and soak to calming music.
- Plan a walk/hike in nature – without your phone!
- Attend a yoga class or give one a go.
- Spend time reading and/or journaling, or some other Mindful Activity.
- 5-10 minutes of meditation. Download a meditation app if you feel like you need support (Smiling Minds; Calm)



SURROUND YOURSELF
WITH FAMILY AND
FRIENDS WHO LOVE
AND TREAT YOU
KINDLY.

FEED YOURSELF
NOURISHING FOODS
THAT FILL YOU UP
WITH A SENSE OF
GOODNESS.



with love,
beth



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