



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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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.