



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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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.