

TOP 4 MYTHS OF SELF-CARE

*+ 12 simple hacks
to break through
the burnout -
starting today*

INNER WORKINGS MOVEMENT
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Top 4 Myths of Self-Care

1. Self-Care Is Selfish
2. Self-Care Costs Hella Money
3. Self-Care Takes Tons of Time
4. Self-Care Needs To Be Super Fussy

How these old mindsets could be the root cause of your burnout.

Have you been listening to old stories you were told and shown as you grew up? Watching the females in your life constantly bending over backwards without giving back to themselves? Or believing that the only way to be a good mother is to constantly put the needs of others first at the cost of your own health and well-being? Self-care is selfish. Or, "a mother's job is never done."

Welcome to the world of overwhelm, exhaustion and burnout. If you've found us, chances are maybe you're saying, "Yes! You're reading my mind!" The problem with this "self-less" attitude is that most moms don't see that they're operating from this belief. So they can't even relate the constant sacrifice with their symptoms and health issues like migraines, auto-immune issues, fatigue, crankiness, resentment, marriage issues, mom guilt and perfectionism. Oye, the list goes on.

If you can relate, we've got ya covered. So, how do you break free from the old patterns that no longer serve you? Tell yourself new stories!

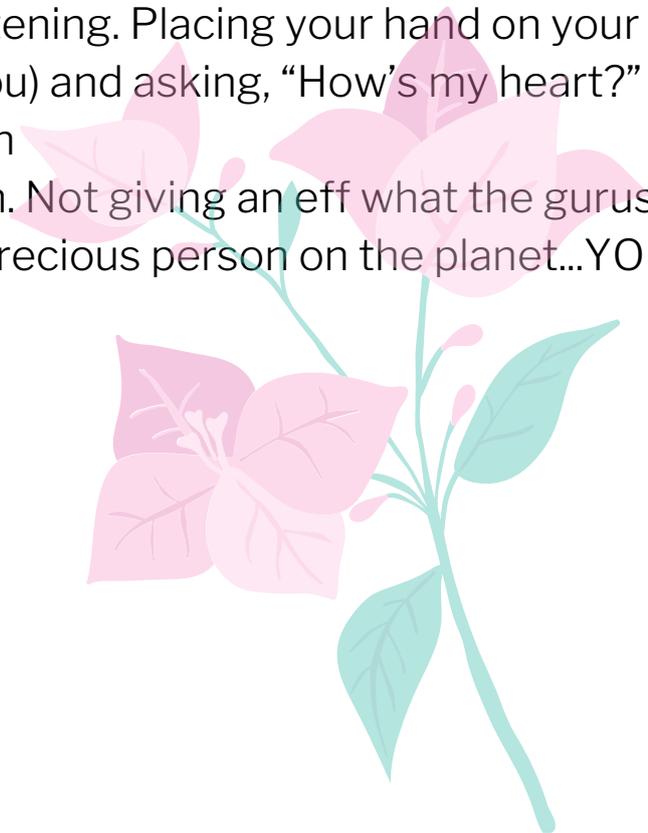
Here's some fresh new affirmations for a more positive experience with self-care (and yes, your needs are important) ::

1. **Self-care is essential and necessary to my health and well-being.** If you're constantly giving 100% to those around you (kids, work, spouse, house, errands, friends, other people's expectations), what's left??? Maybe you've forgotten to include yourself in all the caring? If so, I invite you to write down all that you DO on a normal day. Then, from that list, see where you're at on it. If you're not, it's a great opportunity to make tiny shifts in your schedule. How and where can you create small pockets of time for yourself? To fill your cup and recharge your batteries?
2. **Rest does NOT make me lazy.** You are human. REST is 100% a part of the cycle of a human being. You don't win any prizes for doing it all and pushing through. Over and over again. That's a recipe for disaster. So, what mindsets are you holding onto that no longer serve you? How can you shift this attitude from "lazy" to "rest is necessary"?
3. **My worthiness is NOT determined by how much stuff I check off my to-do list.** How can you delegate or get creative so your schedule isn't so chaotic? Ideas - childcare swap, asking spouse for help or hiring help (sitter, insta-cart or ??) How can you choose done over perfect? How can you choose YOU over adding more stuff to your to-do list?
4. **My needs are important.** Plain and simple. If you're feeling like something is off, it probably is. So, what can you do to listen to your inner voice and take care of YOU? Determine what you need and make the commitment to yourself to do it.

Redefining YOUR Self-Care in 2021

Self-care can mean....

1. Saying No
2. Setting firm and clear boundaries
3. Taking 5 full inhales and exhales
4. Lighting a candle and reading a book
5. Picking up the phone and making a therapy appointment
6. Asking for help
7. Deeply connecting with a close friend "I'm actually not okay...I need an ear"
8. Crying it out to RELEASE
9. Slowing the eff down
10. Connecting to yourself and listening. Placing your hand on your heart (without distractions around you) and asking, "How's my heart?"
11. Getting in a relaxing detox bath
12. Listening to your inner wisdom. Not giving an eff what the gurus say, instead, listening to the most precious person on the planet...YOU



If you're tired of the constant sacrifice and feeling of overwhelm, here's a simple exercise to break-free from all the "should's" of the day, give yourself some room to breathe, and let it be good enough ::

1. Commit to setting aside FIVE - TEN minutes (if more, great) for yourself.
2. Choose a time of day that works for you. Try and pick roughly the same time of day (either am or pm) for consistency.
3. Have fun! And do something YOU love every single day. What lights you up? Makes you feel good? Find it and do it.
4. Get rid of distractions (mindlessly scrolling, saying "yes" to more, or adding more stuff to your already full to-do list.
5. Think about all the good going in in your life. Can you practice gratitude by listing FIVE things you're grateful for?



Remember, at the end of the day, self-care isn't about more bubble baths, weeklong vacations or fussy, expensive spa days. Those are great and needed. But the inner work you do on a daily basis and with your small daily actions - like not flaking on yourself, eating more veggies, asking for help or doing a basic check-in (how's my heart) will plant the seeds and create MASSIVE, RADICAL change in the long run.

Lots of love for you today and remember, self-care is what YOU need in any given moment. Be sure to ask yourself what she needs and do this radical act - LISTEN!



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