

Nourish: 5 Simple & Surprising Ways to Take Better Care of You

1. Eliminate decisions.

Think about the things you do over and over again and streamline. For instance, meals, wardrobe, mail or email processing. Ask yourself how you can remove the decision process from the things you do most frequently. Save your brain power for more important decisions.

2. Create phone free zones.

These zones might be time related like “no phone before 7:00 am and after 7:00 pm.” They can also be space zones like “no phones at the dinner table, in bed or in the car.” Wherever you are most likely to use your phone in a way that isn't nourishing, that's a great place to create a phone free zone.

3. Build margin into your calendar and your life.

Embrace the in-between instead of booking back to back appointments and obligations. Often we jam our lives full of things to do as a way to prove our value or our right to rest and relax. Remind yourself that you are worthy of love and valuable just as you are. You don't have to prove yourself anymore.

4. Stop apologizing.

Apologizing for taking care of yourself is not taking care of yourself. [Listen to this Walk and Talk](#) for more inspiration.

5. Surround yourself with people who value self care.

Your self care benefits the people around you but that doesn't always mean they value self care themselves. While your self care practices may be inspiring, they may also be confusing or under-valued by some of the people around you. Remember you always have a group of supportive people in the [TSS Community](#)!

For more on these 5 Simple and Surprising Ways to Take Better Care of You, [Watch this recorded webinar](#).