
EVERYDAY SELF-CARE

Your proven, holistic
quick-start guide to feel
your **BEST**



Welcome!



I acknowledge you for taking one of the most challenging steps in self-care--recognizing its importance. Taking time to read these words indicates that you are in the right place!

Self-care is not selfish. In fact, taking care of yourself allows you to really show up for those around you. Use these science-backed tools to take back your life and feel healthier without them taking over your day. The BEST (I'll explain what that means soon) strategies don't add to your To-Do list because you already do them. These techniques upgrade the way you currently move through your day in practical, easy-to-use ways. I've used these tools for more than 15 years with my psychology and coaching clients for real results.

Nothing changes if nothing changes. Let's go!

Kelley Forrys Donahue, PhD



Permission Slip

Why don't you practice self-care?

- You don't have time
- Your _____(husband, partner, kids, mom, etc.) will think you are selfish
- You feel too selfish
- You think self-care means going to the spa or getting a massage
- You haven't seen others take care of themselves
- You don't see the benefit from small, simple acts of self-care that fit into your day

I've heard all of those excuses and more, but they don't hold up. Self-care fuels you to show up better in your relationships, in your family, in your work, and in your life. Self-care is ancient wisdom to prevent and cure illness. If you've been reluctant to prioritize caring for yourself, this is your chance. I give you permission to take care of yourself starting this very minute!

Self-care Permission Slip

Date: _____, 20__

Dr. Kelly Donahue gives _____(insert your name) permission to practice self-care strategies for her/his highest good, optimal health, and happiness and for the highest good, optimal health, and happiness of those around her/him.

Self-care to be your BEST

The BEST place to start your self-care practice is where you already are. We begin by upgrading the things that you do every day:

Breathing

Eating

Sleeping

Thinking

You may be thinking something like...

"Those things are too simple. They aren't going to make me feel better. I already do them, and I still feel overwhelmed, tired, sick, and stressed."

I hear you. I really do. Because I was there. I didn't think making little changes to the things I did every day could make me feel better...until I tried them. I gave myself permission and aligned my updated, upgraded strategies with my value of health. And what happened?

- ✓ I felt **less overwhelmed** and **more focused**
- ✓ **Heartburn, headaches, and joint pain** went away
- ✓ I was **less irritable**
- ✓ I was **HAPPIER**

Using the BEST strategies has worked for hundreds of my clients, and they will work for you!

Let's Go!

Eating



With so many "diets" and "rules" for eating, it's hard to know what to eat. keto? vegan? Paleo? vegetarian? My nutrition training has taught me a lot. Here are two pearls of wisdom we all can use:

1. Eat real, whole food
2. Nutrition needs are individualized, specific to your genes, stress level, and lifestyle

Let's focus on the first one because that's the one we can change with your next bite of food.

Tool: Real, whole-foods diet

Practice: Choose lots of vegetables (especially the green ones!), moderate fruit, healthy protein and good fat. Before you put food in your mouth, ask yourself if your great-grandmother ate it. If she didn't, you probably don't want to either!

Tip: Food is fuel and information. When you fuel your body with real food, the body and mind know how to use it. Ask yourself "Will my body like this fuel?"



Check the Resources section for books,
websites, and podcasts



Sleeping



In our go-go-go, do-do-do culture, sleep doesn't seem very sexy because you aren't DOING anything, but that's exactly why it is so important! Experts recommend 7-8 hours of high-quality sleep each night.

Tool: Sleep hygiene (fancy name for tips for good sleep)

Practice:

- Go to bed and wake up at the same time each day. Yep. Even on weekends.
- Use your bed only for sleep and sex. That's right--no eating, tv-watching, computer work, etc.
- Make your bedroom a cave. This means keep it dark and cool. Use blackout shades and no overhead lights.
- Just say "No" to electronics in bed. Blue light stimulates your brain and signals it to stay awake.
- Reduce or eliminate caffeine.
- Expose yourself to bright light in the morning.
- Get some activity. Exercise, play, hike, walk, skip, or whatever floats your boat. Just be careful about exercise too close to bedtime.



What bedtime and wake time can you commit to every day?



Summary

I acknowledge you for taking time to read this guide. That is an act of self-care. Using these four practices creates a foundation for less stress and more enjoyment in your life. View this as an experiment, and try one or more of them every day.

For detailed information on these strategies and other techniques, check out my book: [Everyday Self-Care: Your Proven, Holistic Guide to Feeling Better](#)

AND

If what you are doing isn't working...

If your positive changes don't stick...

If you aren't where you want to be in life...

If you want a personalized plan to improve your life...

Click the button and contact me for a free 15-minute consultation!

[Let's go!](#)
[Sign me up!](#)

Resources

Books

The Relaxation Response by Dr. Herbert Benson
Food: What the Heck Should I Eat? by Dr. Mark Hyman

How Yoga Works by Michael Roach and Christie McNally

The Anatomy of Anxiety by Dr. Ellen Vora

The Wellness Mama Cookbook by Katie Wells

Websites/Apps

Modern Psychologists: www.modernpsychologists.com

Reveri <https://www.reveri.com/>

Free Resources at KellyDonahuePhD.com

Podcasts

[Quote of the Day Show](#)

[The Doctor's Farmacy](#)

[Feel Better Live More](#)