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Advancing business together



**CarefreeMe**  
Live Well Every Day

### Keep Learning & setting Goals – Care Free Me

In order to keep learning and setting goals, I believe a great deal of this comes down to how we take care of ourselves.

We can begin setting goals by starting the day the right way in order to feel great.

The importance of adopting a daily routine and to recognise by including different practices into our morning can have a huge impact on our overall health.

Think of the list below like a menu to choose from.

Whatever resonates with you, that's what will be best for you and work from there.

The most important thing when introducing a new practice to our morning routine is to be kind to ourselves and not to overwhelm or add pressure to 'get things done'. Self-care is about bringing kindness into our lives and to build resilience so that we can live a happy and healthy life.

1. On waking starting the day with gratitude/prayer. For example, list 3 things you're grateful for.
2. Sitting on the edge of the bed and stretching into a Sunshine breath (remember the breath connects the mind and the body)
3. Alternate nostril breathing – aim for 5 rounds
4. After the bathroom, scraping the tongue and splashing the face with cool water.
5. Sesame oil to the body
6. Drink warm water – (a tip to prepare hot water in a flask the night before to have the warm water ready in the morning).

Part of self-care is belief. Trust and belief that all is ok. When we make little changes they can make the biggest difference

Care Free Me is built on the four pillars of *Well*sense – **Food, Movement, Sleep & Connection**. I tailor workshops to suit your needs. Please feel free to get in touch for more information.

Contact Details:

<https://www.carefreeme.ie/>

