



7 Steps Self-Care Week

How to take care of yourself, how to be
more compassionate with yourself, and
how to feel better within a week

by Kim Hipke

Self-Care Week



This eBook is all about self-care. How to take care of yourself, how to be more compassionate with yourself, and how to feel better within a week.

Introduction

Self-care is a wide term and means just about anything you do good to and for yourself. It is about being kind to yourself. The question is: How do you like to be treated? How do you treat others? Do you know how you want to be treated? And do you? Well, These are the things you are about to learn. Embrace it and embrace yourself! Before you keep on reading give yourself a big hug! Because you deserve it!

We are living in a highly demanding society that is constantly growing. It is all about getting high grades, getting a promotion at work, being popular, looking good, and being liked by others. This can give you without a doubt a lot of stress. besides that, we have more problems to think about. The real important problems like global warming, plastic pollution, human and animal rights. But today we are learning about how to take care and how to love ourselves. Because only when you love yourself you can really make a change.

As the title of the book says, this eBook is about a week full of self-care. 7 steps to help yourself de-stress and feel better. Who doesn't want a whole week for themselves to do what they love? Well, this is your guide! And of course, I hear you thinking "who has a whole week to do nothing?". That is why you should keep reading because everything in this eBook can be done even if you have a busy job. It is just a week to de-stress, be nice to yourself and find out that even if you're working you can still be happy and take care of you! I am giving you 7 tips to do so. You can do one every day or mix it up. To start off, I give you a little extra tip: Drink lots of water! This is good for your energy level, your metabolism and flushes away toxins we don't want in our body and.... It's good for your skin! Okay. let's start with your week.



7 Steps



1

Buy a plant

2

Self-reflection and self-acceptance

3

Meditation

4

Good healthy food

5

Nice warm bath,
or hot shower and foot bath

6

Walk in nature

7

Dress up and go out

1. Buy a plant!

First things first, begin this week by buying a plant! This will benefit you for a long time. It may sound weird to you, “why is a plant good when I need to take care of myself?”. I am going to tell you. Having plants in your home has a lot of benefits. They clean and freshen the air you breathe in your house. Plants release new oxygen and filter out bad toxins you don’t want to breathe in. But, sorry guys, if you want really fresh air, choose a plant without flowers. Flowers need oxygen to grow and plants without flowers give oxygen and reduce CO2.

Fresh air is not the only benefit of having plants in your home, it can also make you feel good. Studies show that a plant can reduce your stress levels and help with fatigue. They can also boost your mood, productivity, and creativity.

This tip you can also implement in your workspace. Put a little plant on your desk. A Japanese study showed that just looking at a plant on your desk for 3 minutes can decrease your stress level and gives you energy. It can even reduce your anxiety. And all of that, just by looking at a plant! How awesome is that!



Here are some plant suggestions:

1 Aloë Vera,

Really easy plant, place it in a sunny place but not directly in front of a window. The Aloë Vera cleans the air from toxins and gives the most oxygen. If the plant gets little brown spots it means your room has a lot of toxins. Just add some more plants.

2 Ivy,

The Ivy is the number one plant when it comes to purifying the air. The ivy removes allergens such as fungi and animal excrements from the air. A great choice for people with allergies or asthma. The plant needs little light so a darker corner on a cabinet is perfect. Be careful with animals and kids because the plant is poisonous.

3 Sanseveria Trifasciata,

The best thing about this plant is that it converts CO₂ into oxygen at night instead of during the day. This makes it a perfect plant for the bedroom. This plant does well in dark, shadow places. Also, be careful with kids and animals this plant is poisonous.

4 Bamboepalm,

This is a slow-growing decorative palm. It is a good air purifying plant and it is an excellent humidifier. The plant needs a place in the shadow.

5 Arecapalm (golden palm),

The golden palm is the best humidifier plant there is and has a reputation as one of the best air purifiers. So if you use your heater a lot at home you need this plant. Actually, everyone needs this plant. Plus you are getting your tropical island feeling at home!

2. Self-Reflection and Self-Acceptance

Gratitude list:

For this step, you will need a nice-looking journal or just a piece of paper. But "hey" who doesn't love a nice notebook? We are going to make ourselves a gratitude list. A gratitude list is a great tool to think about your day in a positive way before going to bed. What made you happy today? Where are you grateful for? If you do this before going to bed, you will no doubt have a little smile on your face. And what is better than going to sleep with some happy thoughts, right?



Gratitude list

I'm going to tell you how to start with this exercise. This may not be that easy for everyone. But that's okay.

- Start with opening your journal on a blank page.
- Write the date and the day on top of the page. You can write "My gratitude list of today:" If you want.
- Now you can start writing everything you are grateful for, that happened today in bullet form.

If you have a good day this may be easy for you and you can write 20 things, but if you have had a hard day this may be difficult. That is when it is even more important to do. If it is difficult for you, try to write at least 3 things on your list where you have been grateful for that day. It can be a really small thing, like a good cup of coffee in the morning, seeing the rays of the sun coming in through your window, or even that you are taking the time for yourself this week.

- Try to repeat this every day of this week before going to bed.

If it makes you feel better and you see that it doesn't take so much time of your day, you can take this tool into your day-to-day life.

Journalling bonus tip

It is proven that everyday journaling helps to reduce stress levels, boost your mood, accomplish goals, strengthen emotional functions and improve immune functions. When I read this I started thinking and decided to create and design my own journal. Easy to use and filled with exercises, planners, lists, and positivity. Made to help and inspire others. You can find my journal on Amazon or click on the button below.

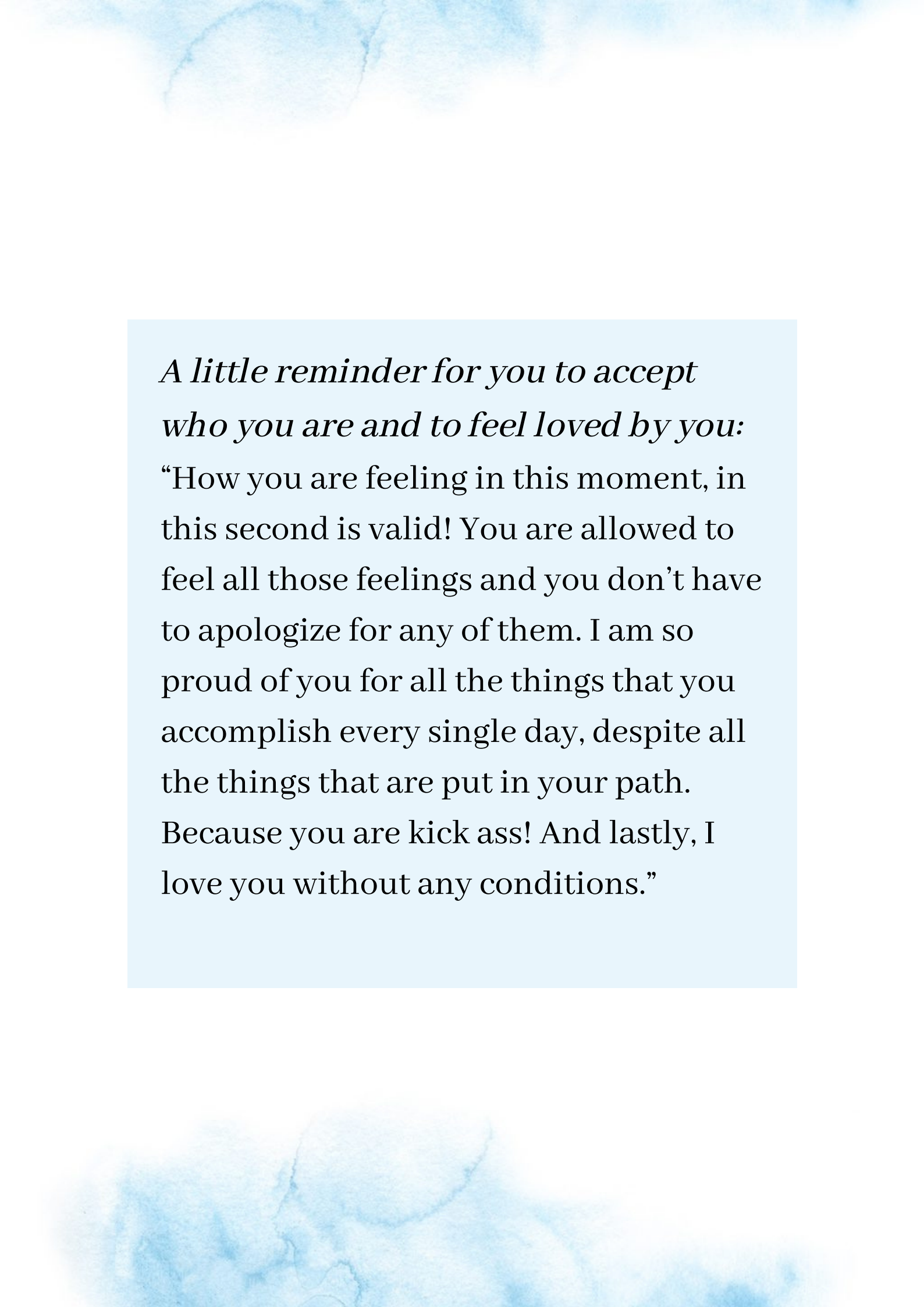


Buy my journal



Inside this journal you will find:

- Gratitude lists, positive quotes, and 14 different exercises — Make gratitude a daily practice with this journal. Feel the difference in your mindset and overcome challenges more easily.
- Lots of space to write down your thoughts — Discover the psychological and emotional benefits of writing down your thoughts and clearing your mind. Feel relieved and distressed.
- Daily, weekly and monthly planners — Use simple planners to help you in day-to-day life. And use the other planners to stay on track and work actively towards more gratitude and your goals.

The background of the entire image is a soft, abstract blue watercolor wash. A central rectangular area is filled with a solid light blue color, serving as a backdrop for the text.

*A little reminder for you to accept
who you are and to feel loved by you:*
“How you are feeling in this moment, in
this second is valid! You are allowed to
feel all those feelings and you don’t have
to apologize for any of them. I am so
proud of you for all the things that you
accomplish every single day, despite all
the things that are put in your path.
Because you are kick ass! And lastly, I
love you without any conditions.”

3. Meditation

Better sleep, less stress, and more focus. These are the things you can accomplish with meditation. Doing meditation on a regular basis gives you a new perspective on stressful situations. It will help your building skills to manage your stress levels and increase your self-awareness.

A lot of you might know this already, but a little reminder can't hurt. I wrote a self-love meditation script that will help you to love yourself again. The best way to prepare yourself for a self-love meditation is to adjust this session to the time you have available. You shouldn't feel in a rush or hurry to make this happen. Take your time and do it in your own time.

Look at my youtube channel "Studio Island Breeze" to find the guided meditation. Or click the button below.

Guided meditation
video



Self-love meditation script.

Find yourself a quiet space and lay down on your back. If you happen to have a meditation eye pillow from our collection put it on your eyes to help you come in deeper meditation.

Point the palms of your hands to the sky and bring your legs apart from each other.

Once you find your moment, take a deep breath, in through your nose and out through the mouth, and gently close your eyes.

Take a moment to feel and be in the present. Let's work our way to love.

Try to forget about the reason you forgot to love yourself. Try to reset what you think, what you know, and let's start from scratch. Feel the joy of this moment of complete freedom.

Your mind feels lighter... free from all the negative thoughts and ready to get nourished with positive vibes.. Ready for a new dose of real, profound, grounding trust.

Love is not something you need to look for. Love is something that is inside of you. It is always close. Only sometimes it's hidden behind your worries, and negative thoughts, you only need to make a path to reach it. Give it a chance to shine and it will lead you to it.

This is the day and the time to let your walls down and feel free to show up with no defenses, vulnerable, widely open... with an open heart.

Take a long deep breath in and a long breath out... listen to the sound of your breathing, becoming heavier and heavier at every breath you take... use this moment to focus on your emotions, how do you feel?...

Focus on your breath to create a soothing and intimate environment to develop a new improved mindful and open mindset.

The sound of your breath with its vibrational frequencies will show up, and it will spread all over your body nourishing it at a deeper level. Release your sense of discomfort, of loneliness, of insecurity. Experience the present moment...

It's time to heal... heal your emotional wounds, feel grateful for yourself once again...

Inhale and smile quietly to yourself.

Take a deep breath and visualize a door.... with your exhaling, try to open the door with all your energy, your power... your new confidence, and self-love.

See the light waiting for you on the other side of the door... this is the warm wave of your love that you deserve for what you really are... your inner light is now ready to spread all over your life. Connect to that magical light and enjoy every single ray of it.

Take the last full cycle of conscious breathes, in through your nose and out through your mouth. In your own time gently open your eyes and take this feeling you have now into the rest of your day.

Namaste.

4. Good healthy food

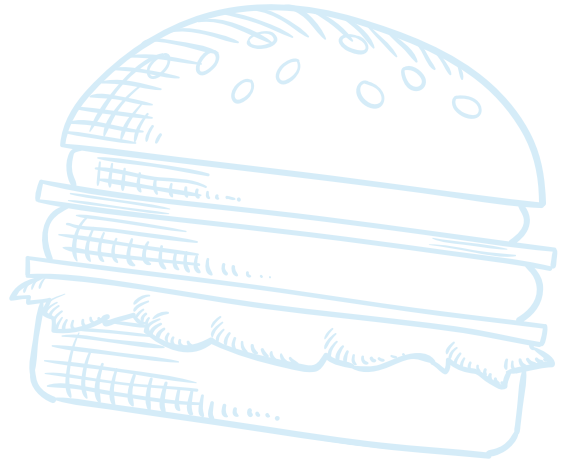
Nutrition is very important, but food is not only important for the body but also for the mind. Everyone knows that feeling when you eat comfort food your mom or grandmother makes you when you are not feeling well. This is not always the food which is the most healthy. But I can tell you these things can go hand in hand! I tried to make a recipe that is comforting for the mind and healthy for the body. It is a recipe for a healthy, vegetarian, easy to make yourself “hamburger”! You are probably thinking “yeah right.” Well, it’s true! There are many ways to make this burger but this is my way.



Mushroom Burger Recipe

Ingredients: (2 servings)

- 2 cans of mushrooms (360g leaked)
- 50 gr cornflakes
- 50 gr walnuts
- 1 egg
- 2 tbsp oats
- Peper
- Salt
- 1 tsp smoked paprika
- 4 tbsp olive oil



-Rinse the mushrooms and dry them as well as possible. Heat up 2 tablespoons of olive oil in a baking pan and bake the mushrooms until nice and brown. Add pepper and salt to taste. When brown let the mushrooms cool down in the fridge.

-Put the cornflakes and walnuts in a food processor or use an immersion blender. And ground it finely. Add the mushrooms and make them to a pâté texture. Add 1 tsp of smoked paprika, some pepper, and salt.

-Put the mixture in a bowl and make sure it is not too warm. Mix in 1 egg by hand (you can skip this step if you want to keep it vegan), The pâté is now too thin and sticky to make a burger, so add 2 tablespoons of oats, mix well and wait for a little till it thickens.

-After 10 minutes you can make your 2 big mushroom burgers. Make sure to smack them a couple of times to get rid of your frustrations and the burger will keep its shape better while baking. :)

-Heat up your baking pan again with 2 tablespoons of olive oil and bake the burgers slow. This is going to take a while, we don't want the burgers to be too soft. We want them nice and firm. Flip them a couple of times.

-In the meantime, you can prepare your bun with some lettuce, tomato, and union. Maybe even some mayonnaise and ketchup (I know, this is not healthy but very tasty)

-Take out the burger when nice, brown, and firm and put it on the bun. Now you can enjoy your burger while watching a happy movie.

S. Nice warm bath, or hot shower and foot bath

The most important thing about this step is to take a moment for yourself. A moment just for you, a moment where you pamper yourself. Turn your bathroom into your own personal spa. Fill up your tub with warm water, turn on some nice soothing music and light a sense candle. And do all of this just for you. Make sure that you tell yourself that. "I deserve this and I am doing all of this just for me" Now the only thing you need to do is relax.

Things you need:

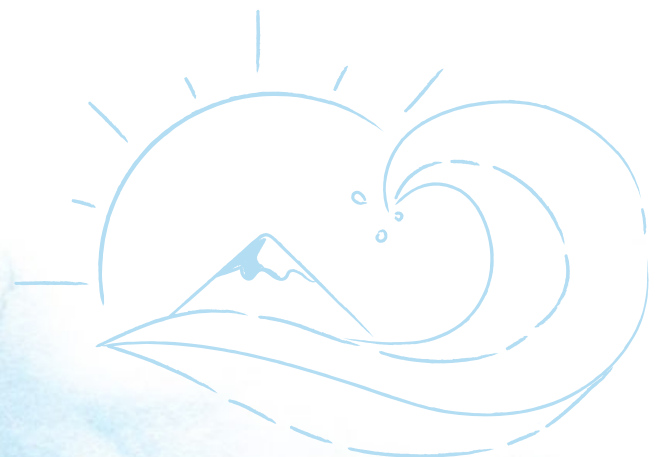
- A sense candle
- A speaker
- Soothing music
- Bath bomb (because they are fun and they contain no plastic)
- Face mask (check out the recipe for a homemade one)

If you don't have a bathtub, you can still turn your bathroom into a spa. Do all the same things but make yourself a warm foot bath instead. Use the bath bomb in your foot bath and apply your homemade mask. Take a hot shower with your favorite shower foam after your foot bath. Bonus tip: try the products from EcoRoots. They sell a lot of vegan, zero-waste, and plastic-free bath and beauty products. I personally love them. Click the button below to go directly to their store.

EcoRoots bath
products



Enjoy





Soothing banana oat face mask recipe:

Ingredients:

-1 ripe banana

-2 tbsp oats

-1 tbsp honey

-2 tsp coconut oil

- *First, put the oats in the blender and blend till they look almost like flour.*
- *Then add all of the remaining ingredients into the blender and blend it into a thick smoothie (for your face).*
- *Pour it in a little jar and place it close to the bath.*
- *You can use your hands or a brush to apply the mixture to your face and leave it for 10 to 15 minutes. (Avoid eyes and mouth area.)*
- *Gently wipe off with a warm, damping face towel and then rinse with cool water.*

6. Walk in nature

Go have a walk in nature for at least half an hour.

Walking is an easy and cheap way of exercising. The exercise only lowers your cortisol which lowers your stress levels. But walking in nature has even more incredible health benefits and therapeutic powers. Why is that? Walking and being in nature makes you focus on the now, be in the present. The Japanese call it forest bathing. They describe it as a mindful practice of walking through a natural place and letting your senses absorb everything. What do you see? What do you hear? What do you feel? And what do you taste? All senses are activated which forces you to be in the present. This revitalizes you both mentally and physically.

Just by spending more time in nature anxiety and depression will be relieved. It's also proven that it improves your memory and creativity and what is really amazing is that it is good for your immunization. When you walk in a forest you inhale phytoncides this comes from plants to protect themselves against insects. It turns out that it's also very healthy for people. It activates a specific type of white blood cells in our body. These cells kill virus-infected cells. A trip in nature of 3 days will give this benefit for almost 30 days! Just give it a try and boost your immune system and enjoy the peace of nature.



7. Dress up and go out.

Sometimes you need to make yourself beautiful on the outside to feel it on the inside. And there is nothing wrong with that! For this step, you are going out into the world with the new confidants you've been building the last week. Dress yourself up just with the reminder of doing it just for you. Wear something you're comfortable in, and maybe even a little sexy. Everything is okay as long as you feel confident and comfortable.

When something is important to you, you take the time to care for it. Every time you make the effort to dress well, you are subconsciously telling yourself that you matter. If you struggle with self-doubt, being too critical with yourself, or not feeling worthy enough. Then dressing well is a simple reminder that you have value beyond measure. You can take this into your everyday life.

This week we talked all about taking care of yourself, loving yourself, and feeling confident. Go out tonight with your new confident self and smile. Enjoy your time, have fun, and remember you are worth it!



A word from me:

Hi lovely people,

I made this e-book to help people achieving a more healthy lifestyle. With some things that I write about, I struggle myself. So don't worry you are not alone! I want to tell you that I am proud of you that you took this first step and take the time for this self-care week. Now I hope that you can continue this new lifestyle and implement it into your day-to-day life.

With Studio Island Breeze I want to create a community. Helping people achieving their goals and guide them to a more healthy and sustainable life. It's more than just a webshop. We need each other and I want to help others where I can. Like I said I struggle too and I learn so much from other people. I hope that I can inspire people one day and help them on the way to a healthier mind and healthier life.

If you liked this free e-book it would be so cool if you keep following me on this journey and take a look at my webshop. Thank you for supporting me and I hope this E-book brought you a little closer to yourself.

Big virtual hug,

Kim Hipke





Thank you for downloading my eBook!

For everyone who decides to use the tips and tricks in this eBook for their day-to-day life. I have some extra's you can use to make things a little easier.

To help you with meditation I made a guided meditation video. You can find it on the Studio Island Breeze YouTube channel or use the button below to go directly to the video.

[Go to
Mediation video](#)

We are also talking about journaling. It would be amazing if you would take a look at my journal. It would help me to create more of this content. Thank you.

[Go to
My Journal](#)

To make yourself look beautiful you can have a look at "EcoRoots". This brand sells bath and beauty products that are 100% vegan, zero waste, and plastic-free. Be beautiful in the most sustainable we, I love it.

[Go to
EcoRoots](#)

If you enjoyed this ebook and want to support me, then please take a look at my webshop. You can find handmade jewelry and more.

[Go to
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