



“Kindness is the language which the deaf can hear and the blind can see.”—Mark Twain. Yet kindness to the self is something a lot of people struggle to practice.

Winter is a time for internal contemplation and replenishing of heart energy. Practicing small acts of self kindness on a daily basis throughout this season will help to boost your heart energy ready for new self-growth in the spring.

How much time do you spend each day on self-nurture?

The most basic and important aspect of self-nurture is ensuring you take time every day for yourself. Taking time for you allows you to relax into, and be more efficient at the task at hand when you return to it. So instead of running yourself into the ground, take some time to relax each and every day and immerse yourself in something you really enjoy.

Remember, time is precious, and relaxation is a necessity not a luxury. Relaxation is essential for good mental and physical health.

So set time limits for all of your tasks and remember to include relaxation. This may mean that you have to write down everything that you do from day to day, and put it all into a schedule with a time slot for each task, in fact this can be a very worthwhile exercise as it helps you to maximise your efficiency.

Next make a list of things you would really like to do. We’re not talking trips of a lifetime here; think about all those things you would love to do if only you could find the time. Reading a book, taking a bath, meditation, yoga, taking a gentle stroll in the woods, decorating the house for Christmas (these are just some of the things on my list, feel free to use or supplement any of these for your own ideas). You need to start being constructive about your relaxation in order to make it a habitual practice, so start thinking about what you are going to do and when you are going to do it. Again if you have completed the scheduling exercise above you can go as far as writing in specific activities to undertake at specific times.

It is important that you recognise these relaxation times as an act of self-kindness. Life is not always structured and often it is difficult to plan every detail of your life ahead and stick to it. Sometimes things come up and you have to rearrange your schedules; sometimes, actually, you don’t feel like doing a certain thing at a certain time. Remember at these times to be kind to yourself also, don’t let your inner critic start giving you a bashing for not looking after yourself properly, that will just add into the stress cycle.

Make self-kindness a daily practice this winter and see how different you feel in the springtime. These acts of daily compassion towards yourself will conserve and replenish your energy through the darker months and you will be able to start a new cycle from a better vantage point once the days start to lengthen.

Rachel is a holistic therapist and provides a range of therapies which can be tailored to suit your specific health requirements. To find out more about how to look after yourself using holistic therapies this winter, call Rachel on 07946 071672