



Self-Care

FOR THE WOMAN WHO DOES TOO MUCH

Thank you for being here. The fact that you opened this means you've already done the hardest thing—pressed pause. Consider this your permission slip to breathe. Inside, you'll find five tiny rituals that take ten minutes or less: zero perfection, minimal gear, maximum calm. We'll blend a little science with a little soul (I'm an **RPN** and a Reiki Master), sprinkle in some sass, and keep it real—no complicated altars required unless that lights you up. Use these when your nervous system is running on caffeine and good intentions, when your shoulders have migrated to your ears, or anytime you want to feel like yourself again. If this tastes good, there's more where it came from—peek at the blog, book a session, or snag The Daily Toolkit - an intuitive planner for the woman who does too much. I'm grateful you're here. Let's reset and rise.

Morning Grounding Breath

1. **Instructions:** Find a comfortable seat.
2. Close your eyes.
3. Inhale deeply, feeling your belly expand.
4. Exhale slowly, releasing tension.
5. Repeat for 10 breaths.

Why:

Grounding breath reduces stress and anxiety, bringing you into the present moment. It activates the parasympathetic nervous system, promoting relaxation and mental clarity.

Affirmation:

"I am grounded, calm, and centered. I am ready to start my day with peace and intention."

Midday Reset

Instructions:

1. Step outside and take a leisurely walk.
2. Focus on observing your surroundings.
3. Gaze at the sky, trees, or nature around you.
4. Breathe deeply.

Why:

Walking and gazing help reduce mental fatigue and improve your mood. Nature exposure reduces stress hormones and enhances creativity and clarity.

Affirmation:

"I am present and connected to the beauty around me. I find peace in simple moments."

Evening Gua Sha Wind Down

Instructions:

1. Apply facial oil to clean skin.
2. Gently glide a gua sha tool upwards and outwards on your face and neck.
3. Focus on areas of tension.
4. Repeat each stroke 5-10 times.

Why:

Gua sha promotes lymphatic drainage, reduces puffiness, and relieves muscle tension. It calms the nervous system and prepares you for restful sleep. *Safety:* Avoid broken or irritated skin. Use light pressure—this should never be painful.

Affirmation:

"I release tension and embrace relaxation. My body and mind are at peace."

Digital Sunset

Instructions:

1. 30 to 60 minutes before bed, turn off all digital devices.
2. Dim the lights in your home.
3. Engage in a relaxing activity such as reading, journaling, or gentle stretching.

Why:

Reducing blue light exposure enhances melatonin production, which improves sleep quality. Creating a calming environment signals your body to prepare for rest.

Affirmation:

"I disconnect from technology and connect with myself. I welcome restful sleep and rejuvenation."

With gratitude and just the right amount of woo,

Melissa Lorenz, RPN · Reiki Master

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