

Self-Care & Self-Love Tips



Dortha L. Hise

Here are some of my favorite tips for self-care and self-love:

1. Prayer - I start every morning with a prayer. Tap into God, the Divine, Source or your Higher Power and ask for blessings for the day ahead.
2. Meditation - I started by using the Insight Timer app on my phone and have done it often enough I now can practice a few minutes of meditation throughout the day. I like the 4-count breathing exercise I heard about recently, as I find it really helps me slow down and take my time. Here's how: inhale for 4-count, hold for 4 count. Exhale for 4-count, hold for 4-count. And repeat.
3. Apply essential oils - from lavender to peppermint, lemon and orange, and so many others, I have different combinations I use in my diffuser at home (lavender, peppermint, and lemon), some in my bath to help with muscle soreness (lemon, cypress and juniper with Epsom salt). Need essential oils? Connect with me, I would love to be of service.
4. Take a bath - this is one of my favorite destressing and detoxifying activities to do during the week.
5. Make a cup of herbal tea - chamomile, vanilla cinnamon, nettle, astragalus - there are so many! I have also started to blend some of my own.
6. Have a video chat with a friend - just because we have to have physical distance doesn't mean we can't keep our close relationships with friends, family, and loved ones. I've been connecting with others via Zoom and Facebook messenger video. It's been great.
7. Ask for support -
8. Color (I have a coloring book called "Memos to Shitty People" by James

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Alexander that makes me laugh and feel happy every time I grab it)

9. Put some music on and dance like no one is watching - start a playlist of songs that make you tap your toes or shake your booty. I schedule dance stops throughout my day and do my best not to miss them! They are so uplifting and fun!

10. Hug someone (hugs are amazing)

11. Start a compliments file and drop things in there when people give you a compliment

12. Get to know yourself intimately - stand naked in front of a mirror and lovingly look at yourself without judgment.

I hope those are helpful. Please let me know what you think and which one(s) you'll be practicing. I've included a tracking sheet on the next page to help keep track of your activities. xoxo

Track Your Self-Care

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Hey there – I'm Dortha Hise and I'm the Chief Overwhelm Eliminator and Joy Giver at Pretty Smart Virtual Services. I'm sassy, fun and smart-assy! My team of kick-ass virtual assistants specialize in strategy, planning and implementation of tasks to support entrepreneurs and business owners to increase their leverage, efficiency and productivity in their business.

I also support women who are getting past the fear of starting a fitness routine, which was born out of my own journey to release 50 pounds and implement a healthy lifestyle since 2013. I started an encouragement circle on Facebook and we encourage each other, cheer each other on and lift each other up. You can join us here: <https://www.facebook.com/groups/getpastfearoffitness/>

For a 2-year period that started in 2012, I experienced a tremendous amount of grief and loss that really challenged me to dig deep into my faith and strengthen my self-care and self-love practices... the results of which you are reading in this guide. I hope you enjoy!

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