

THE
PRACTICE:

21

WAYS TO BUILD SELF LOVE

RAW
BEAUTY TALKS

Are you ready to love the person staring back at you in the mirror,
have a body you're proud of and a life you love?

After years of struggling, I'm finally in a place where I feel pretty amazing: where I appreciate and love my body; am connected to my physical, mental and emotional health; and feel in a place of making connected, positive choices around how I love and care for myself. I can't imagine living life like I used to: feeling trapped, stressed, anxious, yo-yo dieting, comparing myself to others and obsessing over superficial things that never brought me the true happiness I was craving.

I've created a life I absolutely love and the number one shift in getting there was living from a place of SELF LOVE. Now I want nothing more than to help you get there too.

You deserve all that you want:

FREEDOM | LOVE | JOY | HAPPINESS | INNER CALM

You deserve the life of your dreams.

And I believe you can have it.

It all starts with feeling amazing on the inside; with planting the seeds of happiness within, so they can help generate all you want to feel and experience on the outside. To help you on that journey and get you started, here are 21 of my favourite ways to break free from harmful habits, reduce stress in your life and nourish your body, mind and soul.

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ERIN TRELOAR



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START YOUR DAY WITH PURPOSE AND POSITIVITY.

Create a morning ritual that helps you start your day right. Hot water and lemon, gratitudes in bed, vitamins, a healthy breakfast that you eat slowly, morning meditation, a 15-minute yoga sequence done at the foot of your bed; these are simple and sweet gifts to give to your body and create a positive mindset for the day to come. Yes, it may involve a little prep the night before, but the benefits totally outweigh the added planning time.



DO A MIND-BODY-HEART SCAN.

There isn't anything more luxurious you can give your body than the gift of tuning in. Here's how:

Find a comfortable position, either sitting or lying down.
Start to slow your breath, and focus on breathing deeply into your belly.

MIND: start to notice the thoughts passing through your mind. The practice is not to judge them, but simply notice them.

BODY: slowly scan your body from your toes to the top of your head. Get curious about any sensation, emotion, tension or pain you may be feeling. Imagine sending your breath to any spots that feel tight or sticky. Breathe into those spots, with gentleness and love.

SOUL: notice how you are feeling emotionally. Are you happy, tired, nervous, excited, sad? Keep breathing and keep feeling. Get curious.

Learning to listen to your body is the first step in really connecting to it. You can listen to the [Body Scan Meditation](#)

love



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CREATE AN AT HOME SPA AND MAKE SHOWER TIME, PAMPER TIME!

Grab a couple Eucalyptus leaves from your local flower shop, drop some beautiful oils on the tiles and let the steam create a scented sauna. Use a loofah or body brush and give your whole body a massage, noticing the feeling of the warm water and the sensation on your skin. If it's the end of the day, turn off the lights, light a candle and breathe deeply.

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GET GRATEFUL.

Energy goes where attention flows... and nothing makes appreciation grow more than appreciation itself! And, I have no doubt that you don't give yourself nearly enough gratitude, girl. Creating a ritual around giving thanks encourages us to look for the good in our lives. The more we look for it, the more we start to see. If writing your gratitudes down seems like too much of a commitment, try thinking of three things you're grateful for every night before you fall asleep or before you get out of bed in the morning. Or, start a gratitude text stream with someone you love where you each share something you're thankful for every day.



BALANCE THOSE BLOOD SUGAR LEVELS, BABE.

This is my numero uno food-based tip for feeling great in your physical body. Try to eat a combination of carbs, protein and fats every two to three hours to prevent your blood sugar levels from dropping too low. If and when they do, you'll see yourself searching for the fastest energy you can find, which usually means you'll reach for something high in sugar and refined carbs. Not to mention the Advil bottle to help with the headaches. Keen to learn more? Read 'It's time to get off the Blood Sugar level rollercoaster!' for more info.





DO A SOCIAL MEDIA DETOX.

This part is two-fold. The first step: a one-week social media detox to free your mind and scrolling fingers from getting lost in a world of comparison and curated perfection. It also frees up time for you to work on creating a life you love rather than pining over someone else's. The second step: 'unfollow' anyone who doesn't give you feelings of inspiration, joy, laughter or love. Life is too short to surround yourself with anything or anyone who isn't upping your vibe; look out for yourself and be picky with your social media tribe.



SET YOUR INNER CHILD FREE.

Do something with no perceived purpose; only that it feels amazing. It doesn't have to pay the bills, feed the kids, or check something off the 'to do' list; it simply makes your soul light up. What's something you used to do as a kid that you no longer do? Skating, writing short stories, ballet, soccer, painting, colouring, photography, playing in the garden, bubble baths, baking cookies? It's these things, and this sense of play, that's SO worthy of time in your schedule. Our bodies crave pleasure; feed your soul with an activity that makes your heart happy.





MAKE A MOVEMENT DATE WITH A FRIEND.

Sweating with someone else holds you accountable to getting your exercise on. Plus, it's way more fun! Go for a run after work with a friend, then make dinner together. Or, hit a spin class on a Friday night instead of going for drinks. I also love a good weekend walk or hike somewhere in nature to really make my body (and soul) happy.



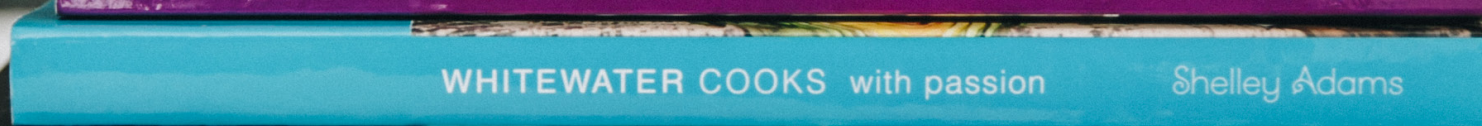
DO A RANDOM ACT OF KINDNESS FOR A STRANGER.

It's proven that giving to others is an effective way to boost self-esteem and confidence. Step outside your personal bubble (aka: safety zone) and do something kind for someone else today... and every day if possible! Hold the door for a mom with a stroller, say 'Hello!' to the elderly man at the coffee shop, pay the highway toll for the driver behind you or send a thoughtful text to someone you care about to let them know you're thinking of them. Acknowledging others and giving to them helps us step out of our own world for a moment, connecting us with something much greater.

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CREATE A MENU PLAN AND SHOPPING LIST FOR THE COMING WEEK.

This is a big one! There is nothing worse than coming home after a long day to find an empty fridge or a hodgepodge of things that don't really go together. Then, ordering in or eating an entire bag of chips because you're starving (been there, done that!), and feeling physically unsatisfied. I've created a ritual of writing out a menu for the week every Sunday afternoon. As I create it, I write out a grocery list so I only buy the items I really need and subsequently cut down on waste. This also saves me mid-week trips to the grocery store and brain power usually spent on figuring out meals so I can focus on other things—like my family, self care, or work.



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DANCE.

Put on some music and get jiggy with it. Honestly. You can't be sad when you're dancing and if you're anything like me, you'll probably break a sweat so it counts as a workout too ;)



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ENJOY A TREAT. BUT *REALLY* ENJOY IT.

Don't inhale your donut before you even realize you're eating it, or power through an entire tub of ice cream while binging on reality TV. Savour that special something so you truly get to enjoy it and feel satisfied once it is gone. Try taking two deep breaths before you start eating, and chew whatever yummy deliciousness it is 20 times before you swallow.





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NOURISH YOURSELF WITH THINGS OTHER THAN FOOD.

Create a Personal Nourishment Menu of things that make you feel great AND are good for you. Think yoga, a latte and a walk with a friend, sleeping in on the weekend, reading a good book, a massage, drinking a refreshing green juice, painting, or reading your favourite blogs. Our body, mind and soul need love each and every day, and only when we make time to honor their requests will they support us in ways we never thought possible. And: if you think you're too busy chasing your goals to take a few deep breaths every day, remember your body will only support you as much as you support it.

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SHOWER YOURSELF IN LOVE.

Get loud about all the things that make you awesome. If the thought of that makes you cringe, you can bet it's because we live in an under-appreciated society where acknowledging the good in life has become some sort of sin. If you find yourself thinking about all the things that went wrong in your week, you owe it to the universe to put some positive energy out there to balance things out. Start off by writing a list of 10 things you love about yourself, or that you did well this week, and email it to us at info@rawbeautytalks.com. We give you full permission to tell us why you rock—in fact we're dying to hear it! So drop us a line.



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SAY YES TO SAYING NO.

We all live such busy lives these days, and the number one thing that wreaks havoc on our bodies is stress. All this over-commitment often means we're sacrificing our own health and wellness to keep others happy. Yet, the reality is we can't show up as our best selves when we're running on empty. It's lose/lose. Look at your calendar: is there anything you've committed to that you're actually not looking forward to? I'll invite you to cancel or reschedule one thing that you already know is not going to fill you up. By saying no, we say yes to ourselves and open the door to other fulfilling activities.

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PLAN A CO-COOKING DATE WITH SOMEONE YOU LOVE.

Meet at one person's kitchen with the ingredients you need to create a double-batch of a delicious, freezer-friendly recipe. Turn on some music and then get cooking while you catch-up. Once the meals are done, divide them up, pop them in your respective freezers and then enjoy when you need something healthy on the go. Your body will thank you!





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WORRY LESS
ABOUT WHAT
YOU EAT AND
FOCUS MORE ON
HOW YOU EAT.

Stress destroys metabolism and the body's ability to assimilate nutrients (buh-bye glow!), so ideally we want to kick the cortisol and be cool as a cucumber before we chow down. Also, it's nearly impossible to tell when we're full if we're scarfing down food really quickly. Slowing down before AND during your next nosh can build healthy habits around how you eat, and support full body fuelling along the way. If it usually takes you five minutes to eat, aim for 10. Or, if you eat on the go, try to set aside five minutes to eat in peace before you pound the pavement. Ideally, you want to spend about 20 minutes consciously eating each meal in order to create the best digestive experience for your body.



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TAKE A NATURE BREAK.

There is nothing like the wild to get you out of your head and into a place of calm. Hitting the trails for a hike, jumping into a lake or sitting down by the sea has a magical way of bringing bliss to the body; it's like it's finally at home. If you're ever feeling anxious, stressed or like the chatter in your mind won't stop chatting, head for the hills and notice how quickly the great outdoors shifts that beautiful body of yours.



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BREATHE YOUR WAY TO CALM.

You've probably heard of the body's 'fight or flight' system, which activates when our brains perceive we're in danger. Problem is, our bodies can't tell the difference between stress caused by a deadline versus stress caused by a lion running towards us. #different. Our fight or flight system doesn't turn off, and the chain reaction it causes is terrible for our organs, mental clarity, skin and immune and digestive systems. The great news is you can use breathing techniques to help trick your body into thinking you're calm, cool and collected even when you're not. Practice 5-5-7 breathing: breathe in through your nose for 5 seconds, hold for 5 seconds, then release the breath through your nose for 7 full seconds. Repeat until you find a comfortable rhythm. Aim for 10 cycles.

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JOIN #THESELFLOVECLUB

The first step to experiencing external beauty is making an internal decision to embrace yourself—even (and especially) the parts you don't usually approve of. It starts now, not 10 pounds from now, when your hair is longer or when you have your makeup on. Stand in front of the mirror and pick one physical thing that you tend to speak negatively about. Find as many positive things as possible about that part of you and write them down. Over the next 7 days, commit to reading the list and speaking love to that body part several times a day, until you fully believe it.

"EVERY WOMAN CAN HAVE HER OWN KIND OF BEAUTY, IF SHE IS WILLING TO LOOK FOR IT AND TRY FOR IT." —MAE WEST

In 2017, \$3 from every Mary Young item sold goes to Raw Beauty Talks.

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KNOW THYSELF

Part of our suffering is caused by not knowing who we truly are from years of comparison, being told to be a certain way or a certain kind of person. Pick up your journal and start to dig into who you are; discover and uncover pieces of your personality that are so true to who you are—the unique individual you’re meant to be. Tune into what you want. Close your eyes and ask yourself, “If I was free of any constraints, what would I be doing? Where would I be? Who would I surround myself with? How would I feel? Who would I BE?”. Free write the thoughts that come to mind and look for words and phrases that make you feel love, light and energized.

What's the number 1 needle mover in creating a life you love?

SELF LOVE.

When you learn to appreciate, embrace and leverage all the incredible things that make you unique, you unlock the ability to change your entire life.

You can love the person staring back at you in the mirror, have a body you're proud of and a life you love. To dive deeper check out our one-on-one coaching programs at www.rawbeautytalks.com/coaching

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