



Self-Care Sundae Recipe: A Delicious Mix for You!

This recipe is all about creating a personalized self-care routine that nourishes your mind, body, and soul. Just like a sundae, you can add your favourite ingredients to create a delightful experience!

Ingredients:

- **Base (choose 1):**
 - **Restful Nights:** 7-9 hours of sleep each night
 - **Calming Activity:** Yoga, meditation, spending time in nature (walking, gardening)
- **Scoops of Self-Love (choose 2-3):**
 - **Healthy Habits:** Eating nutritious meals, staying hydrated
 - **Movement:** Exercises you enjoy (dancing, swimming, biking)
 - **Hobbies:** Reading, painting, playing music, spending time with loved ones
- **Sweet Toppings (choose 1-2):**
 - **Digital Detox:** Limiting screen time for a set period
 - **Creative Outlet:** Journaling, taking a relaxing bath with essential oils
 - **Treat Yourself:** Getting a massage, indulging in a favourite dessert (in moderation)
- **Sprinkle of Gratitude:** Take a moment each day to appreciate the good things in your life.



Instructions:

- **Whip up your base:** Choose restful nights or a calming activity to set the foundation for your well-being.
- **Add scoops of self-love:** Layer in 2-3 activities that nourish your mind and body.
- **Don't forget the sweetness:** Top it off with 1-2 activities that bring you joy and relaxation.
- **Grate on gratitude:** Sprinkle a generous amount of gratitude throughout your day to savour the good stuff.

Enjoy! Savour this self-care sundae, and feel free to adjust the recipe as needed.

Tips:

- Be flexible! There's no one-size-fits-all recipe for self-care.
- Listen to your body and mind. What feels good one day might not work the next.
- Make it a habit! Aim for small, consistent acts of self-care throughout the week.

With a little effort, you can create a self-care routine that keeps you feeling refreshed, balanced, and ready to take on the world!

For more tips, check out our website: [Connect Counselling](#)