



PRACTICING

*Self Care in
Turbulent Times*

SELF CARE IN TURBULENT TIMES

As we all know going out isn't an option right now for many of us and in most cases salons and spas are closed so I wanted to be sure that you ladies had the proper tools to continue your self love journeys right from the comfort of your couch even if the littles are running amuck and everything is in temporary chaos.

The most important thing we can do for ourselves is to remember that we matter just as much as everyone else and we cannot allow ourselves to get left behind.

We all know it's so hard to fit everything we need into our schedule, especially when everyone is home and we gotta make sure things are taken care of, but we also know that self love and self care are crucial to our health and happiness! So today is your day to take these simple steps towards self care during self isolation and get back on top of your mindset!

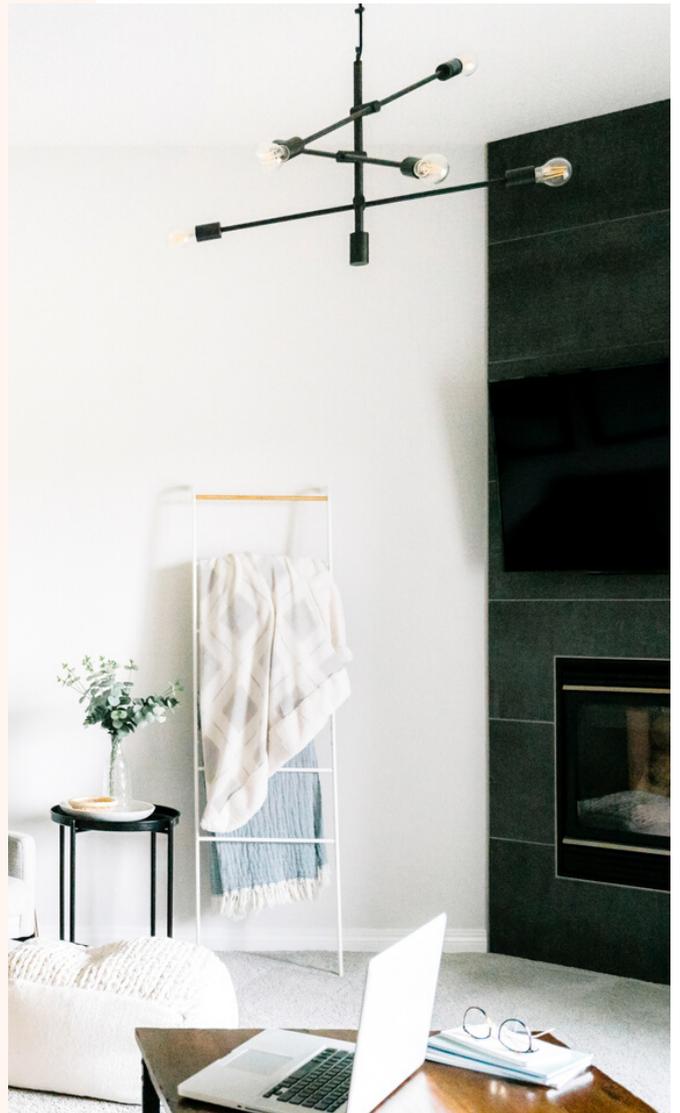
BE KIND TO YOURSELF



Practice Self Love Affirmations - Every morning when you wake up, take just a few extra minutes for yourself during your morning routine. While you are doing all that morning prep take a minute to look at yourself in the mirror and tell yourself three things you love about you. Repeat them to yourself a few times for good measure. This will help you start off every day the right way and set the tone for self love all day!

NETFLIX AND CHILL

Take a little Me TV Time - While we are cooped up in our houses one thing we do still have is TV. So take some time to put those chores on hold while the kids are napping. Whether it's your favorite show, a romance that will make you swoon, or a comedy, just be sure to take this time and let yourself just exist for a bit. It's perfectly okay to stop and give yourself that moment for you! In fact it will help everyone in the long run so binge an episode or twelve ;)





DIY FACE MASK USING AT HOME INGREDIENTS

So the spa is closed? That's okay! You probably have tons of ingredients for face masks right in your pantry or fridge! Take some time to use up those unused ingredients and put them to work on your skin! You'll feel refreshed and your skin will thank you!

No matter which way you go you'll be treating yourself and keeping healthy while doing it!

Here is a favorite recipe of mine for you to try or look one up and share it with us in the facebook group!

HYDRATING FACE MASK RECIPE

Mash 1 fully ripe banana in a mixing bowl. Add 2 tablespoons of organic honey and mix thoroughly. Stir in 1 teaspoon of fresh-squeezed **orange juice (optional)**

TO APPLY:

Wash your face with lukewarm water. Massage the mask into your skin. Leave it on your face for 20 minutes to get all the hydrating benefits. Rinse the mask off with lukewarm water, and pat your skin dry with a soft towel.



A HOT BATH

As women and mothers it's our instinct to jump in the shower wash our hair and body as fast as we can and jump back out to tend to other family members but I challenge you to do some self care by really enjoying your shower time. Some of our best thinking is done in the shower so take some time for you and hey if you can turn it into a bath with a great book, some bubbles and a glass of wine (or margarita in my case!) all the better!



MUSIC SPEAKS TO THE SOUL

One fabulous way to get your self care on, even in the midst of the cooking, cleaning, chores and kids, is to do it all to the sound track of your soul!

So throw on your favorite music and jam out or toss on a relaxing meditation and let go of all that stress. Either way you go, you can treat your senses to a distress no matter what's going on around you!





Stay Healthy & Kind

And if you want to send ME some love, follow and comment on social media so I know you're here xo



FACEBOOK GROUP INTIMATE PORTRAITS WITH TANYA SMITH

FACEBOOK PAGE @TANYA SMITH PORTRAITS

INSTAGRAM @TANYALSMITH.PHOTOGRAPHY

EMAIL TANYA@TANYALSMITH.COM