

The  
Self-Care  
Handbook

by  
Annette  
Copeland

*The Guide To Self Care For Women*



# Good News. Bad News.

The Good News,

In about 4 to 6 months from now, feeling confident, healthy and fulfilled will no longer be a problem. Either you will have "made it through"

Y'know,

- ... feeling good about saying yes to yourself
- ... confidently creating your best day ever (life)
- ... knowing how to nurture your body and spirit
- ... clearly communicating your desires to others

or...

- ... you'll have given in to the holding pattern
- ... accepting less than you deserve or desire
- ... decided that the work is not worth it
- ... be in the same exact place you are now
- ... ignoring your desire to feel worthy and fulfilled

Constantly living with the knowing that you deserve to live an amazing life, filled with joy and wonderful experiences as you deal with having your boundaries pushed, broken and ignored. Feeling like you come last or don't deserve awesome!

Here's the deal.... Life is short and it's your turn to live!

Living your best life doesn't mean taking from someone else's dreams. It means that you are sharing your joy and fulfillment with others and setting a great example for those in your circle. Your family and friends... especially those who look up to you!

# Good News. Bad News.

If you are dead set on living a mediocre life, accepting less than you desire and can accept that your health, mental and physical is suffering while you ponder the outcome... I'm not here to change your mind or convince you otherwise.

But if you are committed to fast (sometimes a bit scary) growth...

If you are totally cool with finding 1 hour a day to work on your own personal growth ... knowing that it will bring you closer than you have ever been to living a full life with confidence and joy...

and you are willing to allow me to guide you through the advanced discovery and healing processes that you can do anywhere, anytime... to achieve real results...

Then, let's do this thang!!!

P.S. While the decision to live a fulfilled life will cease to be a problem a few months from now... There will be problems.

Exciting new problems... Upgraded problems... whose solutions will bring exponential growth, impact and fulfillment.

Problems like... Which awesome opportunity do I accept? How do I choose between awesome and amazing? How can I find more time for my own growth? How can I help my family grow with me?

Alllllll of the things.... will be made clear for you during the process. Please enjoy this handbook... I'm here and ready.

# The Self Care Handbook


Self care is one of the best things you can do for your family and the people you love!

Listen... I know you have heard this but, you cannot pour from an empty cup. Taking care of yourself means you can better care for those you love.

If you lack self care you may be exhibiting these signs:

- Tired
- Short Temper
- Lack of Empathy
- Depression
- Anxiety
- Low Motivation
- Lack of sleep or insomnia
- Weight Gain or feeling out of shape
- Stressed
- Feeling under-appreciated
- Feelings of Guilt
- Feeling disconnected from yourself, God or your spiritual self



 [Take the self-care test here.](#)


# The Self Care Handbook

## *Suggestions for Self Care*

- Pedicure/Manicure/Massage
- Start A Gratitude Journal
- Bubble Bath with a Glass of Wine and Soft music
- Read for 20 minutes
- Hydrate - Your body is 70% water and does not function when your tank is low
- Go outside... Take off your shoes and get your toes in the grass or sand
- Allow yourself to be Imperfect
- Create a Schedule or To Do List
- Eat healthier & meal prep
- Exercise - 20 to 30 minutes a day
- Meditate or be silent for 20 minutes
- Yoga
- Practice mindfulness
- Turn off the phone and other electronics for 30 minutes
- Avoid toxic people
- Go to a movie alone or with a friend
- Take a drive with your fave music... or windows down!
- Make a vision board. (I did a great video on this in the group)
- Hire a coach or therapist to help guide you.

# The Self Care Handbook

## *Suggestions for Self Care*

- Test drive your dream car
- Find your passion!
- Take my free goal setting course. 
- Learn Something New or make time for a hobby
- Take a nap
- Hire a babysitter
- Plan ahead... lay out your day.
- De-Clutter
- Have your car detailed
- DELEGATE
- Say goodbye to past failures - No one else remembers them - Let It GO!
- Snuggle someone or something.. puppy or children... or spouse
- Practice saying NO.. It is a sentence.
- Skip the alcohol for a week
- Write in a daily journal - positive things only
- LAUGH
- Stretch
- Celebrate all the little wins
- USE your superpowers
- Take a weekend getaway

# The Self Care Handbook

As a woman we frequently forget to take care of ourselves because we are so focused on ***all the things!***

It's important to care for yourself too!

If you find that you are not showering, or getting regular hair cuts... Stop! Take a deep breath and find time to do things for yourself.

Sometimes we find that we stop wearing makeup because it just doesn't seem important to feel good about ourselves. BUT if you are one of those women who used to never leave the house without her eyeliner or lipstick and you have stopped doing that!

Get back at it sister!

You deserve to feel good about who you are!

Annette Copeland aka @askdrannette

Email: [drannettecopeland@gmail.com](mailto:drannettecopeland@gmail.com)

Wanna work with me? I would love to hear from you. I can't wait to hear how you implemented Self-Care into your routine! If this spoke to and you need more information or would like to know how to get more of this... Just send me an email.

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<https://AnnetteCopeland.com>