

# SELF CARE

TO EASE YOUR

# AWAKENING

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## Drink Plenty of Water

Drink LOTS of water. Water keeps your cells working optimally, and helps energy move through your body. If you can, choose filtered water that has not been bottled in plastic.



## Allow Any Emotions to Come Up

You may find that since beginning to spiritually awaken you're extra sensitive. Allow yourself to express any emotions that come up. If you feel sad give yourself permission to cry, allowing it to move through you.



## Move your Body

Movement helps move energy around and out of your body. Spiritual awakening stirs up a lot of energy, so go for a walk, dance, do some yoga, or any other form of movement that feels good for you.



## Stimulate your Vagus Nerve

Stimulating your Vagus nerve can reduce anxiety, and basically acts as a reset when you're feeling stress or overwhelm. Ways to stimulate the VN: quick cold shower, singing, chanting, gargling.



## Get plenty of rest!

Rest is SO important! Both our physical and energetic bodies heal and rejuvenate while we are asleep, so be sure you listen to your body, and get extra sleep if needed.

