



## RECIPES FOR SELF-CARE SUNDAY

By Dr Nur Ilianis Adnan

Hello beautiful people! In this issue, I would like to share some self-care habits which I have developed over the years that helped me to maintain my mental health. These habits alleviate my days and keep me going happy and healthy! When I see people around me having mental breakdowns and feeling burned out, I realise how important self-care is. To ensure we function properly, I think we should prioritise taking care of ourselves especially when dealing with inevitable down days and curveballs life might throw at us. So, if you are realising that you are not taking care of yourself as you should, hopefully, some of these ‘recipes’ will help you to kick-start your self-care journey!

### 1. SPRINKLES OF NETFLIX

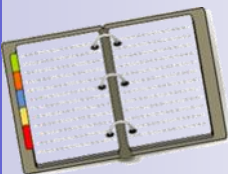


Too much of everything is not good, especially Netflix! However, I think it is okay if we take only a couple of hours in a week to watch Netflix as it can be a good stress reliever and create a family fun time. It is a great source for watching movies or even catching up on some of my favourite shows. The challenge is about finding enough self-control to create a healthy balance between relaxation and wasting time.

### 2. ADD A PINCH OF SUNLIGHT

I make it a top priority to get some sunlight at least 2-3 times a week. Since we work from home during MCO, we can become a little bit of a hermit. Hence, we need to catch some sunlight and breathe in some fresh air. Sunlight is essential for human health and well-being. The health benefits of sunlight include generating the production of vitamin D, supporting bone health, lowering blood pressure, preventing disease, and promoting good mental health. Sunlight also helps boost a chemical in your brain called serotonin, and that can give you more energy and help keep you calm, positive, and focused.

### 3. SPREAD YOUR WEEKLY PLAN



Planning our week gives us time and space to figure out how we are going to fit everything in. If you are trying to make progress at work and in our personal life, planning your week will help you get there. If I do not have a hint of a plan for my week, I will stumble my way through my work trying to get all things done at once. Those are the kind of weeks where everything seems vague and naturally, I want to avoid that as much as possible. Planning is important because it helps you use your time most efficiently. Time flies! Knowing this, we surely need to plan our time well so that we do not have to work around the clock and beat it when catching up with deadlines. My routine these days is to sit down on a Sunday evening and plan the upcoming week of mine. Once I have my week planned, I can go to bed with a little more peace of mind before the week begins as the saying goes “start the morning with the evening before”



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#### 4. ROLL OUT YOUR HOBBY

We are all blessed with a full-time job, but this can be a challenge for us to find time to do our hobbies or things that we like to do. One blanket solution is to do your hobbies on your precious weekends. Try it on your weekends and you will feel some sort of energy fueling your body. Trust me! I have always loved to do embroidery but due to time constraints, I stopped embroidering for almost 2 years. A few months ago, I found my embroidery kit while I was tidying my room and since then, I decided to embroider on the weekends.



#### 5. ADD SOME QIGONG

Have you heard of Qigong before? Qigong meditation is an ancient Chinese healing technique that combines controlled breathing, gentle movement, and meditation to promote good mental, physical, and spiritual health. I have been practising qigong in the morning for about 6 months now. Sometimes, I do it at night before bed. Even thinking about it now makes me feel calm already! There are so many Qigong videos on Youtube but my favourite is the one on Yoqi Yoga and Qigong channel named 'Daily Qigong Routine'. You can try a few and choose the one that your body likes the most. When I practice Qigong, I can take time to stop, breathe, focus, and let go of my thoughts, ironically giving me more time in my day to be productive, thoughtful, and energetic. This tiny moment of my day is a small drop in the ocean, but it has a huge ripple effect on the rest of my life.



#### 6. SET A HOME SPA

You would love to treat yourself to an at-home pamper session. Trust me! Set the room temperature between 22-24, turn on the yellow light, put on beautiful relaxing music, diffuse some essential oil (lavender is my favourite!) and let the fragrance run through your room. Do nothing! Just sit/lay down with a cup of hot tea in your hand, close your eyes, and switch your brain off from the world.

