



THE SELF LOVE SOCIETY

THE GUIDE TO OVERALL WELLNESS

THE SELF-LOVE
Society

EST 2021



WELCOME

This little wellness guide is to help give you the tools to lean into health as a collective of aspects, rather than just what you eat and how you move.

With all the uncertainty currently; anxiety, fear and stress is high.

So this is a guide to caring for our overall health and making ourselves a priority, amongst the chaos.

Ruby Grace

HOW TO USE THIS WORKBOOK

This wellness guide isn't restrictive. It's not here to make you feel unmotivated if you don't do something everyday. I want you to focus on the principle of wellness. That all aspects of health need to be cared for, for overall health. I want you to just focus on the principle - not the amount. If one day this week you focus on each aspect of health in some way, you've succeeded. You've achieved something.

It's not the 75 Hard challenge where I want you to have all these ridiculous expectations that you can't actually maintain in everyday life.

I want you to learn tools, reflect and get to know yourself, as well as develop new habits which you enjoy and naturally wish to include in your daily life, purely from the joy you know you feel when incorporating it.

This wellness book is purely me sharing my favourite tools for wellness and what I've learnt along the way. This isn't medical advice and I encourage you to use intuition to know whether this is right for you.

THE ASPECTS OF

WELLNESS



WHAT ARE THE ASPECTS OF HEALTH?

When looking at health many people believe health is the way you look as a result of how you move and eat, as well as if you're free from illness or disease.

But health isn't just one thing that leads to another. For example, your health isn't just influence by what you eat. Yes, it has a massive impact, but so does your social, emotional, mental and spiritual health.

I use to think I was health if I trained 6 days a week and stuck to my calories. I use to think health was shooting apple cider vinegar and fasting til 1pm...

The aspects of health I am focusing on, and encouraging you to care for, is your:

- Emotional Health
- Mental Health
- Spiritual Health
- Physical Health
- Social Health

Throughout this book I will give you tools, tips and practical steps you can implement to improve all these determinants of health.



HOW ALL ASPECTS OF HEALTH LINK

Your body is like a map and all roads join. When one system is down, the other systems must pick up the weight - adding pressure to the body, mind and soul.

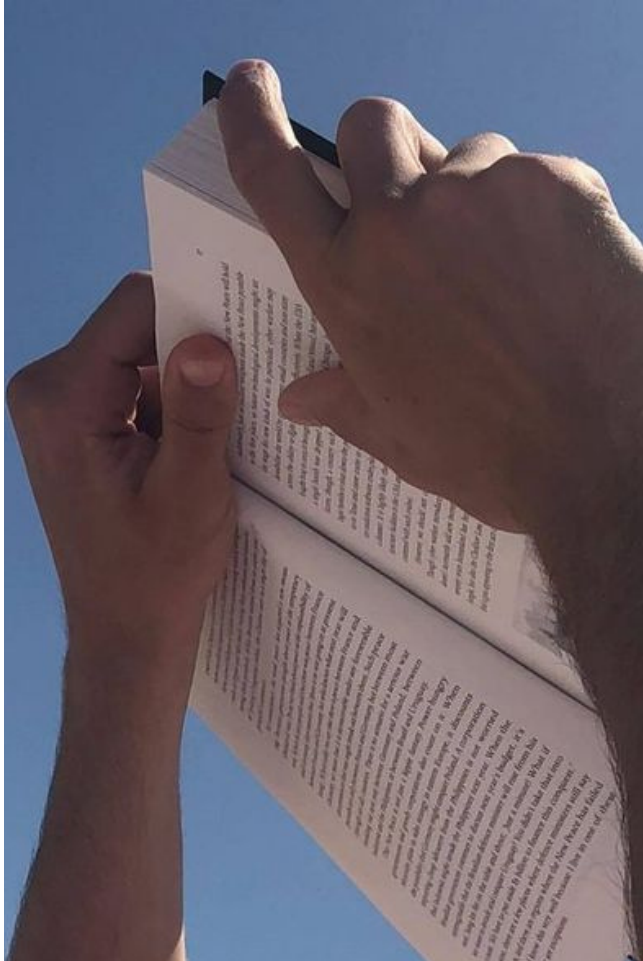
You may notice when your mental health is low, your ability to be physically spiritually, emotionally and social well is all effected.

Your level of wellness directly impacts your quality of life.

This is why I have loved focusing on overall health and wellbeing. When "health" wasn't just 6 x 1 hour training sessions, and counting calories.

Health to me is daily journalling, reducing screentime, meditation, cold showers, anti-inflammatory foods, organic menstration products, more water, affirmations, oracle pulling, grounding, strength training, reading books, cooking fresh food, dance, 8 hours sleep and daily sunshine!

Honestly I could go on and on.



CREATING HABITS YOU LOVE.

I wasn't going to use the word routine, because during this time and even without all the chaos in the world - routine changes all the time, especially for me.

So instead I love just having habits that I love incorporating daily. So if I journal, yes I love doing it in the morning, however if I can't because my schedule doesn't allow it - I do it when I can.

I stopped having strict routines when I found myself, throwing the whole routine out if my day couldn't go to plan. I realised it was better to not focus on a routine and rather focus on the principle. The principle of taking care of my overall wellbeing.

When I focused on the principle I did these habits with pleasure, rather than feeling I had to. I stopped hating myself if I didn't follow my "routine" and adapted to everyday.

This adaptability and flow really allowed me to step into my feminine flow!

However we are all so different - if you like routine then please do so.

In saying this, I do create a somewhat "Day flow". I like to have guidance especially with lockdown - however I am not super strict on myself.



HABITS FOR SPIRITUAL HEALTH

Here are some ideas for taking care of your spiritual health. What I like to do is chose a couple of habits and incorporate at least 1 into every day! Consistency is always key and results are fuelled by them!

Spiritual health isn't necessarily you following a new religion or becoming super "woo woo" if thats what you want to call it.

It more about taking time to connect to your inner knowing and soul.

- spend time in nature with no technology, bare foot
- journal
- pull an oracle card
- listen to sound bowls
- meditate
- breath work
- yoni egg practice
- if you're religious spend time practicing your faith



- make a vision board
- script your dream life
- write affirmations and hang them in your room
- create a sacred space in your home
- write a letter to your future self
- sage your room
- join an online meditation group
- sunrise yoga
- sunrise ocean swim
- orgasms

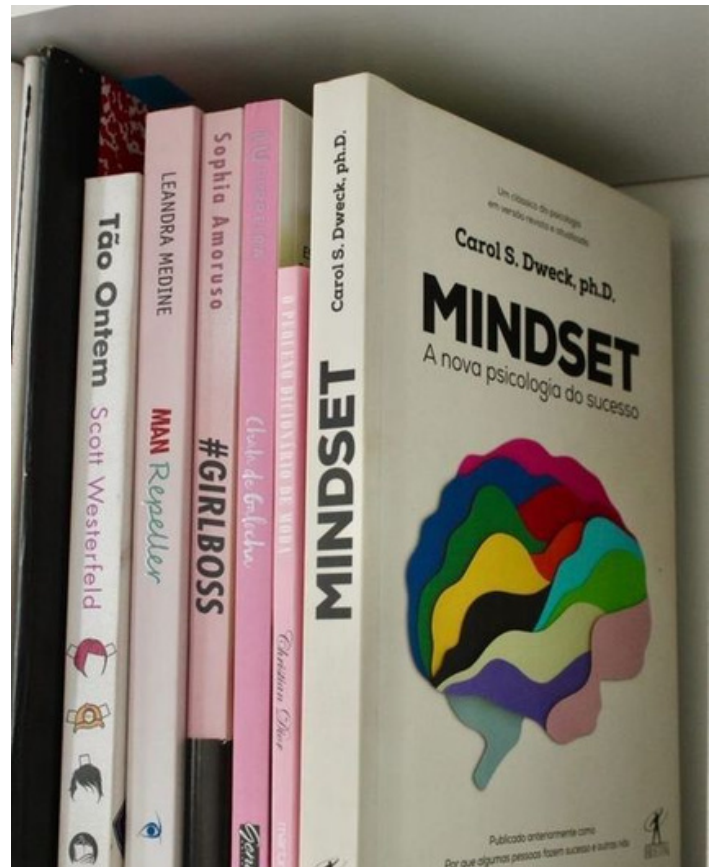


HABITS FOR MENTAL HEALTH

Here are some ideas for taking care of your mental health. What I like to do is chose a couple of habits and incorporate at least 1 into every day! Consistency is always key and results are fuelled by them!

Mental health is so crucial during this time, please don't skimp on taking care of yourself. Please call a friend, hotline or family member if you don't feel safe within yourself. We are all here. You're not alone

- reduce screen time
- allow your emotions to flow and be expressed
- journal on how you're feeling
- create a safe space in your home
- avoid excessive drinking, smoking and drugs
- reduce porn
- focus on gut health
- read and listen to educational/mindset podcasts
- seek high vibrational activities
- spend time in nature
- seek a coaching call
- watch TED talks
- meditate
- sleep for 8 hours
- hug an animal or spend time with pets
- take a nature walk



HABITS FOR SOCIAL HEALTH

Here are some ideas for taking care of your mental health. What I like to do is chose a couple of habits and incorporate at least 1 into every day! Consistency is always key and results are fuelled by them!

Social health has an incredibly large effect on our health, more than you can imagine. With lookdown and isolation it can be hard to have social interactio. Please take these habits and adjust to the current restrictions.

- facetime a friend
- do a family zoom meeting
- write letters to your friends
- go for walks together
- do a surnise swim
- create a scrapbook of your favoruite memories
- watch old family videos
- create friendship videos and mini vlogs



HABITS FOR PHYSICAL HEALTH

Here are some ideas for taking care of your mental health. What I like to do is chose a couple of habits and incorporate at least 1 into every day! Consistency is always key and results are fuelled by them!

Physical health affects our mental and emotional state. When you move your body you release so many endorphins and also is a great way to strength your mind. For alot of people in lockdown with restrictions gyms are shut and there may be restrictions in place so here are some examples you can implement.

- walks with a podcast
- follow along youtube yoga class
- online pilates
- fullbody body weight HIIT
- stretching
- pelvic floor exercises
- nature trail
- cycling
- roller blading
- skateboarding
- runs
- surfing
- sex



HABITS FOR EMOTIONAL HEALTH

Here are some ideas for taking care of your mental health. What I like to do is chose a couple of habits and incorporate at least 1 into every day! Consistency is always key and results are fuelled by them!

I use to confuse mental and emotional health and while they all link they aren't the same. Your emotional health is all about supporting your emotional wellbeing. Allowing for healthy expression of the emotions you feel.

- cold showers
- journalling
- seeking a therapist
- write a letter to your younger self
- write your emotions out

and burn the letter after

- eat good food, gut health effects your emotional and mental state
- dance to high vibrational music
- watch the sunrise or sunset
- dance NAKED
- sing to your favourite songs
- bake
- draw
- paint your emotions



HOW TO USE THE ELEMENTS OF HEALTH

I am sure you can think of many more to add to these examples.

Everyday try to implement one thing from every element each day. It might be a walk, journalling, baking, singing and sleep ins one day.

And the next it might be a sunrise run, strength training, painting, orgasms and a zoom call with the family.

But not at the same time. Don't facetime the family while orgasming.. might not be the best.

Don't be hard on yourself and don't make this something strict and a hard regime.

Enjoy looking after yourself.



example DAY FLOW

This is an example of a Day Flow for my working week. I work Mon to Fri 7am til either 1pm or 3pm. Even in the chaos, I am essential. I will provide a couple example Day Flow charts that you can alter and change to suit you and your current situation.

DAILY PLANNER

DATE _____

5:30 AM	Wake up
6 AM	Leave for work
6:30AM	Journal and visulationation by the beach with coffee
7 AM	Start work , beachside walk and podcast with baby during morning nap
12:30PM	Finish work
1 PM	Have lunch and sit in sunshine
2;30PM	No screen time
4PM	Start online work , research, deisgn, content creation
4;30 PM	Sunset walk, time spent with housemates or walk with friends
6 PM	Dinner and TV with housemates
7PM	Shower and skincare, affirmations
8 PM	Facetime Tyson and Read book
9 PM	Turn phone on airplane mode, breathwork and frequency music to go to bed

TOP PRIORITIES

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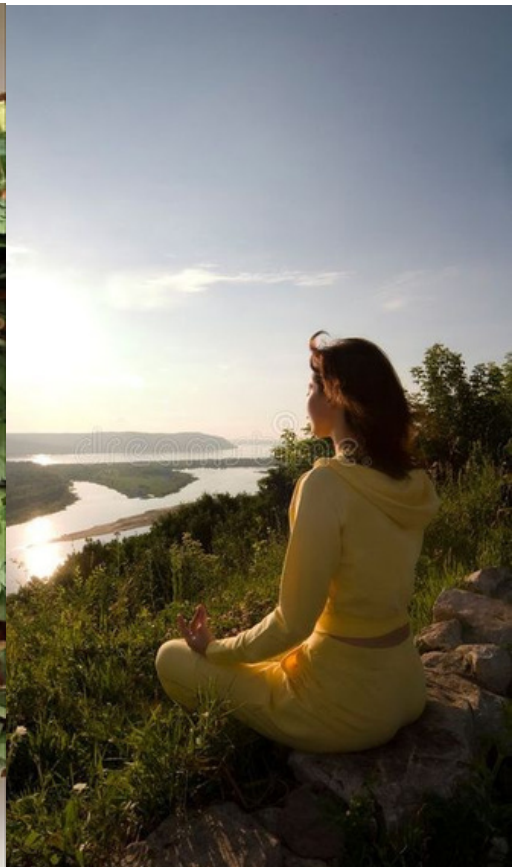
DATE _____

7AM	wake up
7:30	spiritual practice
8 AM	
8:30 AM	emotional development
9:30 AM	work, study or personal development
11 AM	physical wellness
1 PM	social health
2 PM	work, study or personal development
3 PM	work, study or personal development
4 PM	emotional and mental health
7 PM	
8 PM	
9 PM	

TOP PRIORITIES

HABITS I *Love*

- Morning cool shower
- Morning routine completed prior to using social media
- 1 Litre of water with morning vitamins and pre/probiotics before coffee.
- Make food from scratch
- Reading before bed
- Daily dancing
- Self-pleasure or massage
- Affirmations
- Listening to my life script
- daily sunshine and outdoor walks
- gratitude



HABIT TRACKER

WEEK OF _____

HABIT TRACKER

WEEK OF _____

STARTING A JOURNAL

I love my journal to bits, it's honestly my lifeboat, and I use it daily. Each day I sit down in silence or with some gentle sound bowls playing. I love journalling in nature as I feel super open and relaxed + I can really step into my feminine.

On my blog I have a journal for beginners guide, so if you're completely new to journalling this is a great place to start.

Here are some journal prompts that I love!

Your Notes

JOURNAL PROMPTS FOR MENTAL WELLBEING AND EMOTIONAL HEALTH

What has been your greatest achievement?

What are 5 things you admire yourself for?

Recall a time you were at your lowest and what the situation taught you?

What are your 5 limiting beliefs that you find yourself believing? write them down and re-write them.

What would your dream day look like and feel?

When was the last time you did something for the first time?

How did your parents show you love?

What makes you feel the happiest?

What is a childhood memory that really stands out for you?

I feel like.....



JOURNAL PROMPTS FOR MENTAL WELLBEING AND EMOTIONAL HEALTH

What would I do if I didn't fear judgement?

What would I do if I knew I couldn't fail?

What would make your life better and why do you believe it will make it better?

What are 5 things you do really well?

How do I want to feel today?

Who do I want to show up as?

What would the ideal version of myself include in her daily life?

How could I make someone feel loved and worthy today?

How do I define myself?

What am I scared of?

What am I holding onto that no longer is serving me?

What am I accepting that I don't deserve?

How am I honouring myself today?

What do I value in life?

How can I better myself today?

Where do I see myself in 6 months?

Today I choose to let go off....

Things that bring me joy and happiness

Things that make me feel sad and unworthy

My 5 favourite qualities of myself are...

TIPS FOR PRODUCTIVITY WHEN WORKING

- Create a work/study environment, no other tasks should be done in this space.
- Set the intention before work, get clear on your 3 priorities.
- Have a morning routine prior to working. Start your day doing things for you, not your boss, or school teacher.
- Light a candle and put on music free from lyrics. I love low-fi beats.

put phone on airplane mode on, and set a 45 minute timer. Work for 45 minutes and then take a rest for 15 minutes, away from your work environment.

Take a work lunch or study break and go outside if you can, limit technology.

- Write your top 3 goals on a post it note and stick it near your computer or work desk.



CONCLUSION

I am so proud of you. Even downloading this ebook and looking through. It's the intuitive feeling of knowing you are destined for more, greater things.

Take care of yourself. Be kind to yourself and take it day by day . You don't need to hustle and be the most productive version of yourself in a time where there is so much uncertainty and anxiety... be kind to yourself.





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