

## LOOKING AFTER YOURSELF

On this site there is a lot of information about ways to look after yourself from an emotional, practical or intellectual perspective. This page is all about doing nice things for your physical body to maintain your health and build self-appreciation.

### Relaxation through breathing

#### A calming breath exercise

This exercise is designed to calm and reduce or prevent the onset of anxiety.

1. Breathing from your abdomen, inhale slowly to a count of five (count slowly "one.... two.... three.... four.... five" as you inhale).
2. Pause and hold your breath to a count of five.
3. Exhale slowly, through your nose or mouth, to a count of five (or more if it takes longer). Be sure to exhale fully.
4. When you've exhaled completely, take two breaths in your normal rhythm, then repeat steps 1 to 3 in the cycle above.
5. Keep up the exercise for three to five minutes. This should involve going through at least 10 cycles of in-five, hold-five and out-five. (If you start to feel light-headed stop for 30 seconds and start again).
6. Throughout the exercise keep your breathing smooth and regular, without gulping in breaths or breathing out suddenly

#### Counting breaths - an easy meditation

1. As you sit quietly with eyes closed, focus on the inflow and outflow of your breath. Each time you breathe out, count the breath. You can count up to 10 and start over again, or keep counting as high as you like.
2. Each time your focus wanders bring it back to your breathing and counting. If you get caught in an internal monologue or fantasy, don't worry about it. Just relax and start counting again.
3. If you lose track of the count, start over at 1 or at a round number like 50.
4. If you get bored with counting you can simply focus on the inflow and outflow of your breathing .



## Exercise

Exercise is a very positive way of looking after your body and your mind. A little bit of exercise releases chemicals into your body called endorphins which make us feel happier at the same time as keeping in good physical shape.

Here are a few suggestions about ways to exercise that don't necessarily involve money or teams.

10 Easy Ways to Exercise for FREE
Walk (take the dog, take a mate)
Jog or run
Do some stretching
Spontaneously dance
Do some beginners yoga_
Bushwalk
Swim
Kick or throw a ball around
Skip (buy a rope!)
Go for a bike ride or a skate

## Skin care

Looking after our bodies is an important thing to do, particularly by ensuring we have a decent diet and drink enough water. Because the skin is a living organ it is important to look after it as well. Most skin care is done automatically through good eating habits – a balance diet will maintain moisture and elasticity, and water will keep the skin hydrated.

It is important (and fun) to nurture our skin from the outside as well. Products to do this, however, can be expensive so we have put together a few 'recipes' for skin-care which you probably already have the ingredients for your kitchen.

**NOTE: If you have sensitive skin or skin allergies we do not recommend you try these recipes.**

## Recipes

### Cucumber and olive oil mask for dry skin

#### Ingredients

1/3 cup cucumber very finely diced  
3 teaspoon olive oil  
2 teaspoon plain yogurt

#### Preparation

Mix above ingredients into a fine paste.  
Leave to dry for about 15 minutes then wash off with cold water.  
Skin feels soft, conditioned and clean.

### Egg and honey hydrating facial mask for dry skin

#### Ingredients

1 egg  
1/4 cup of coconut oil  
1 teaspoon of honey  
You will also need a small, plastic cup with a lid.



## Preparation

Scramble the egg and gradually add honey and coconut oil. The mass should look like mayonnaise. If it is too thick, add more coconut oil. If it is too runny, add a bit more honey.

Pour the mass into a plastic cup, close the cup tightly, and leave in the fridge overnight.

This mask is ready to be applied the next day. Scoop up some of the mask and freely apply all over the face. Leave it to rest for 10 minutes and then wash off with lukewarm water.

Keep the rest of the mask in the freezer and use any time your dried and tired face needs a moisture boost.

## Sesame oil mask for dry skin

### Ingredients

- 1 tablespoon of sesame oil
- 1/2 soft ripe avocado (peeled)
- 1 tablespoon of plain yogurt

### Preparation

Using a blender, combine all the ingredients until smooth

Apply on the face and neck and leave on for 5 minutes

Rinse off with warm water and pat dry

Store this mask in a glass jar or plastic container and refrigerate

This mask is especially good for dry skin. All ingredients act as moisturisers

## Sugar face mask for normal skin

### Ingredients

- 2 egg yolks
- 1 teaspoon of sugar

### Preparation

Whisk the egg yolks until the mass is firm and consistent

Add sugar gradually and mix well to combine the two

Apply on the face and leave on for 25 minutes

Wash off with warm water using a wash cloth



## Lemony face mask for normal skin

### Ingredients

1 lemon peel  
a bit of water (1 tablespoon or so)

### Preparation

Using a food processor or blender, combine the lemon peel with a bit of water

The mix should resemble puree

Apply the mix on the face and leave on for a few minutes

Rinse off with warm water using cotton balls or wash cloth

Pat dry

## Honey and egg white mask for oily skin

### Ingredients

1 tablespoon honey  
1 egg white

### Preparation

Mix a tablespoon of honey with 1 egg white

Apply thickly on the face and neck.

Leave for 10 minutes and wash off.

## Papaya mask for oily skin

### Ingredients

2 tablespoon papaya pulp  
10 drops of lemon juice

### Preparation

Mix 2 tablespoon of papaya pulp with 10 drops of lemon juice

Apply to skin

Leave it for 20 minutes and then rinse well.



## Corn flour based facial scrub for oily skin

### Ingredients:

2 teaspoons of corn flour  
1 egg white

### Preparation

Mix the ingredients and apply on the face.

Wash off after 15 minutes or when the mask is dry.

While washing, use circular motion so that you can exfoliate the skin and help the circulation of its deeper layers.

First apply warm and then cold water.

## Yoghurt face cleanser

### Ingredients

100 grams of yogurt  
1 tablespoon of lemon juice  
1 tablespoon of honey

### Preparation

Mix ingredients together

Apply to face

Rinse off using a washcloth.

## Honey based scrub

### Ingredients:

1 teaspoon of honey  
2 teaspoons of finely ground almonds (not salted ones, just regular)  
1/2 teaspoon of lemon juice

### Preparation

Gently rub the face, don't press too hard or you may scratch yourself

Rinse well



## Silky smooth bath time

### Ingredients

2 lean scups of oats  
Old stocking

### Preparation

Put oats into the stocking and tie well  
Hang it under the tap of the bath.  
Run the water for the bath - make sure the water goes through the stocking  
Oats will smooth and soften the skin

## Scrub away the blackheads

### Ingredients

2/3 cup rice flour and  
1/3 cup bicarbonate soda  
Water

### Preparation

Combine flour and bicarb soda in a jar – mix well.  
To use place 5 teaspoons of flour mixture in a small bowl.  
Add water teaspoon by teaspoon until the mixture forms a paste  
Then scrub!  
Very gentle and good for cleaning pores!

# Look after yourself...

