
SELF-CARE TOOLS FOR THE MIND, BODY, AND SOUL

A Self-Help E-Book for Busy Men
and Women.

**Self-care cultivates wellness
such that it rejuvenates the
mind, body, and soul.**

Shanna A. Jefferson



7 Self-Care Habits for your Mind, Body, and Soul

Feeling overwhelmed? Tired? Unfocused? Burnt-out?

You are not alone. There is no substitute for self-care. Self-care cultivates wellness such that it rejuvenates the mind, body, and soul. If you do not take care of yourself, then all your dreams and aspirations will be fruitless. It is imperative that we make a habit to take care of ourselves.

Self-care should become routine. Essentially, you must be deliberate to ensure proper self-care for your mind, body, and soul.

Below are 7 self-care habits to incorporate into your daily routine.

1. **Sleep.** Adults should sleep an average of 7-9 hours each night. Establish your sleep routine today to improve your level of functioning.

2. **Unplug.** Put up your "Do not disturb" sign. Unplug from social media. Unplug from your cell phone. Unplug from technology. Take at least 15 minutes each day to unplug.

3. **Nourish your body.** Eating and drinking water will only fuel your physical wellness but it impacts your overall level of functioning. Eat at least 3 meals a day to keep your metabolism going. And drinks lots of water.

4. **Laugh.** Laughter is truly good for the soul. Laugh at yourself. Laugh with a friend. Read something funny.

Whatever you do, laugh!

5. **Exercise.** What has held you back from exercising? Transcend that obstacle today and just do it! Exercise is beneficial for your physical, emotional, and spiritual well-being. Commit to exercising at least 30 minutes for 5 days.

6. **Journal.** Need to unleash your frustrations, then journal. There are many benefits to journaling. Research suggests that journaling also increases our gratitude.

7. **Surround yourself with positive, like-minded people.** Enjoy the company of others and unleash positive vibes together.

7 Day Self-Care Challenge

What can you do for yourself in 7 days?

Give yourself the gift of self-love this 2021 and take on this 7-day of self-care challenge!

“ **Be patient and kind
with your well-being.
You deserve it.**

**Also, don't forget
that in order to show
love to others, you
must first offer love to
yourself.**

”

*Love and Greatness.
Shanna*



Click this link to join the challenge:

<http://bit.ly/SelfCareWithShanna>



About Shanna A. Jefferson

Allendale, South Carolina native Shanna A. Jefferson is a firm believer that everyone can transcend adversity and achieve greatness. Shanna is a dynamic and prolific mental health therapist, talk show host, business coach and speaker. She is inspired by her late father and Civil Rights Activist George M. Jefferson to strive towards greatness while serving others.

As a Licensed Clinical Social Worker, Ms. Jefferson has more than 10 years of professional experience working in various settings including community-based mental health services and homeless facilities. She is committed to helping men and women who are experiencing anger, grief, guilt, shame, depression, anxiety, and other life stressors.

As a Business Coach, Ms. Jefferson empowers, educates and equips entrepreneurs to take a holistic approach in their life and business. Utilizing frameworks including #ToolsForSuccess, Shanna propels entrepreneurs to strive for the next level of Greatness in their life and business.

Ms. Jefferson has recently celebrated esteemed recognition from Sisters Pushing Sisters International as an "Ordinary Woman Doing Extraordinary Things" and Urban Spice Magazine as a "Trailblazing Woman" and the "Tatiana Care Award" courtesy of ATL Hottest. Shanna will continue to fulfill these honors by sharing her spirit of greatness through a multifaceted portfolio of entrepreneurial endeavors.

TO LEARN MORE ABOUT MS. JEFFERSON'S ENDEAVORS, VISIT HER [WEBSITE](#).

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