



*13 Wellness
Tips From Jefas
Who Are Passionate
About Self-Care*

E-BOOK

Bienvenidas, welcome aboard this journey to self-care, you've been on it for some time even when you haven't been sure of where you're going.

If you haven't already done so, please get rid of any baggage that has been getting in the way of your self-care journey – you don't need it and it will continue to get in your way for as long as you let it.

Also, be aware that if at any moment you feel overwhelmed, stressed or out of breath, an oxygen mask will metaphorically appear in front of you. To start the flow of oxygen, you must simply stop, focus on your breath and inhale deeply for as long as you need. We are aware that you are on this journey with others who will at times require assistance, but you must always secure your own metaphorical oxygen mask before you can help anyone else.

Your pilots today are women, like you, who are doing their best to live their lives to the fullest. They have discovered that the only way to truly be at their best, fulfill their dreams and be of service to others is to practice self-care, not as a luxury, but as an absolute necessity.

Sit back, relax and let these women's words and practices remind you that you deserve to take care of yourself. May this journey never end for you and may it take you places you could never have imagined.

TIP 1

**START THE DAY THE WAY YOU
WANT TO FINISH IT**

Dronile Hiraldo | Freelance Writer and Social Media Manager

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Now, instead of hitting snooze, I wake up and knock the lights on the moment I hear my alarm. I snuggle up for 30-45 minutes and read first thing in the morning. It gets my juices flowing. Then I ease into my day with morning pages (inspired by Julia Cameron's book "The Artist's Way"), a 20-minute meditation and a yoga video. Then I'll enjoy breakfast and shower.

Starting slow and blocking this time off helps keep my spirits high from the moment I get up – meaning I'm able to better come up with ideas and great work for my clients. For me, self-care has been the catalyst to being the best entrepreneur I can be.

TIP 2

MEDITATE

Brissa Del Mar | Creative Director & Photographer

15 minutes of TM* mediation twice per day (waking up and afternoon). Self-Love pep-talk during the day and feel gratitude for everything during my day. It allows me to continue connecting with myself, know my worth and the value I bring everywhere I show up and/or I am part of it.

*TM or Transcendental Meditation is a type of meditation that the late Maharishi Mahesh Yogi developed. You can learn more about it at [TM.org](https://www.tm.org).

TIP 3

**EMBRACE
BOREDOM**

Christina Igaravidez | Actor/Writer

I allow myself to be bored. As creatives, entrepreneurs and mujeres who are constantly balancing doing it all, we often feel guilty when we don't have something to do.

Allowing yourself some quiet and not knowing what to do next, whether it's driving an entire trip in silence to sitting without any phone distraction and truly sitting with yourself and your breath, we allow our minds to be less addicted to stimuli and allow ourselves to deeply focus on things, people and responsibilities that matter vs. checking your likes or ensuring you kept up with your to do list.

TIP 4

**GET
GROUNDED**

Maydelli Mendoza | Wellness Advocate

I practice self-care by incorporating Tapping*, also known as EFT, a technique that not only helps me get grounded but also essentially helps rewire my brain from limited beliefs. When I wake up I fill my cup with lukewarm water and lemon, drink a bit before going into my tapping session. Feels invigorating!

*Tapping or EFT consists of tapping with your fingertips on meridian points to help you tap into the body's energy and ability to heal. You can find out more about it at [TappingSolutionFoundation.org](https://www.TappingSolutionFoundation.org).

TIP 5**TAKE THE NECESSARY TIME
TO FOCUS ON YOURSELF**

Danielle Lara | Organizational Social Worker

The first time I heard of self-care, I was in a training program to be a mental health professional. Here, most of the curriculum taught us how to support others in their journey towards wellness, while encouraging us to understand how to take care of ourselves. And at the time, my self-care was not glamorous it consisted of brushing my teeth and washing my hair. When I do these activities, I simply feel fresh, clean, liberated. To this day, that is what self-care is to me. It's not the spa day, the manicure although those are nice, too or the expensive vacation. No, for me, self-care is taking the necessary time to focus on myself. It is both good for me, and beneficial, but most of all, it allows me the critical time I need to refocus, rest and replenish.

Through self-care, I give myself permission to focus on my own needs and my own well-being. This is so important, because in a world where responsibilities and obligations are never ending, these moments are critical to us as humans, as providers and participants in this world. Yet, when time is fleeting and more responsibilities come into view, these moments of self-care are the first things to go. This is why I try to make self-care a primary focus in my life, and although not perfect, there is an ever-growing appreciation between me and my self-care routine.

Since then my self-care routine has evolved, focusing more on spirituality and mindfulness, but the basis of it all stays the same. It is, and will always be, the necessary time to focus on myself.

TIP 6

KEEP IT SIMPLE

Estrella Gomez | Community Manager

Reading with my partner, eating without watching tv or my cellphone, sleeping in, moving my body somehow for at least 30 minutes every day, going for a walk every day around my neighborhood.

TIP 7

**MAKE IT
NON-NEGOTIABLE**

Ana Benzán | Blogger Social Media and Community Manager

I practice self-care by scheduling self-constructing activities that help me keep the harmony in my life. Self-care has become a non-negotiable part of my daily routine because I have had mental health challenges all my life.

I have found that staying tuned in and listening to my physical, spiritual and mental needs drastically improves my wellbeing as I am able to do the things that will build me up as soon as I feel my energy shift.

My self-care practices vary from day to day depending on my needs, but the ones that stay constant are stillness and gratitude. I take time to be quiet and alone so that I can do self-inventory and check how I feel on a daily. This helps me better understand how to take care of me that specific day.

I also have a gratitude journal where I write ten things I am grateful for each day. Those things are a mix of things that are already physically manifested and other goals I am working towards. I work on being grateful for them as if they are already here.

This simple gratitude practice is SO important to me because it guides me in the direction of my goals and that helps me stay focused. I believe that by doing the things I promised myself to do I am honoring my word and myself... and that in itself is a great act of self-care.

TIP 8

RECHARGE

Macy Calder | Designer and Founder at emme

When I graduated from architecture school, I weighted 95 lbs. When I resigned from my first full-time job, I was suffering from gastritis. By the time my firstborn turned one, I was an emotional mess at the brink of depression. As you can read, I've never been good at self-care. This year my son turns 10 years old and I've been thinking a lot about what I've learned in the last decade regarding the balance of motherhood and self-care.

I don't blame motherhood for my lack of self-care habits. Of course, turning into a mom worked like a magnifying glass and made the lack of nurturing more significant and evident. However, I also recognize that I wasn't conscious of the need for taking care of myself. Self-care wasn't a topic that we talked about or practiced in my family or that I had the chance to study at school.

By the time I had my second child, it was evident that I needed to take care of myself. Even though my body seemed to work well, my mind and emotional being were hurting badly. I was starting to resent my husband and to regret every decision that I had made in the last ten years. In the middle of that pain and in what I now consider a revelatory moment in my life I heard: "You have to take care of yourself."

Under the excuse of motherhood and being an immigrant, I had abandoned my inner self. I had a black hole inside of me and like a car without fuel, I needed to recharge.

I made the decision to listen to what I heard and in small steps, I started to put myself in the center of my day and fill it with small recharging rituals. I began to listen more to my body and soul and brought into my life more of what made me feel alive.

Many years later I can share the five most essential strides that I took to recharge:

1. I start my day with silence. Every day I wake up at least 30 minutes before my family. I use this time to focus on myself and my needs through meditation, exercise and reading.

2. I connect daily with what brings me joy. Next time I will tell you the story of my Abuela's earrings, but for now, I can tell you that every day I choose an outfit that makes me feel beautiful. No matter the agenda I'm wearing nice clothes and earrings!

3. I take mom vacations. Once a year I leave my kids and partner and travel with friends. Traveling without family gives me the opportunity to rest and to get to know myself more deeply. It requires a lot of planning and overcoming guilt but is worth it.

4. I connect with people that I admire. I regularly join women's events and gatherings. I plan coffee dates and mom's night out with friends. Just listening to other women stories and experiences makes me feel in perspective and inspired.

5. I say NO. The four previous habits don't occur by luck. Like any woman, I have multiple roles to fill, so I carefully plan my self-care space as part of my day and

TIP 9

ASK AND YOU SHALL RECEIVE

Sada Naegelin | CEO & Co-Founder of De las mías

As a first-time mom of an almost 10-month-old daughter and co-founder and CEO of an early stage startup, this past year has been a BIG year of learning self-care. All the small ways I took care of myself before being a mom and a business owner became so much more challenging – like going on a walk or even just luxuriating in the shower all became infinitely harder.

Now I practice self-care by carving out time and prioritizing what I can and more importantly cannot do. For example, I've been a dancer my whole life, so after my daughter was born it became even more important for me to make time for dance so I could show up for her and be my best self.

I have my family to lean on and they help take care of my daughter while I go to dance class or meet friends at the studio. I've also committed to going to one yoga [class] a week while my daughter is with the nanny. This was particularly hard for me because my working hours are so precious but I've decided in order to be the best jefa and best mom, I need that hour of yoga every Wednesday.

Finally, I've learned to ask for what I need probably the biggest self-care lesson. If I need 20 minutes to take a shower or take a nap or go on a walk, I ask my husband, mom, neighbor to watch my daughter. I learned my family and community are more than happy to help me out, I just need to ask. For me self-care is about taking the time to recognize what I need and knowing it's OK to ask for help to make it happen.

TIP 10

**DO THE THINGS
YOU LOVE**

Amalia Walle | Educator

I love to teach Zumba because dancing is a passion for me since I was little and then exercising became a passion for me as I got older, so it combines both of the things that are a passion to me. Music and dance help relieve my soul of my everyday stresses in life and exercising gives me endorphins to make me feel happy. I am a better person to others when I do the things I love!

TIP 11

LET NATURE HELP YOU HEAL

Lilia Gomez | Saludable Latina, Founder, Podcast Host
and Health Advocate

My husband and I had recently bought a new home and I had so many thoughts of starting a family, but after experiencing my second miscarriage, I lost a sense of happiness in our new place. And during my time off work to heal, I felt my home become dull, dry and choppy with sadness. I didn't want to encapsulate the energy in our new home environment. So instead, I began the healing process with several different healing modalities; one of them being house plants and gardening.

After seeing the energy shift in our house, it eventually led to creating our own garden to honor our loss, strength and love. Gardening teaches you some valuable lessons:

- 1.** When you garden, you are grounded in the earth while at the same time connected to the spirit world. It's as if your body becomes the bridge between the physical world and heaven.
- 2.** It's hard not to love life when the plants and flowers get your endorphins going and bring out positive feelings of vitality and gratitude.
- 3.** You're honoring mother earth with your love and nurturing side. It's no secret that plants and flowers provide wonderful benefits to everyone who lives in the space.

4. It's a mindful activity that engages your senses. Mindfulness is the act of being totally present in the moment. When you are planting, watering and weeding, your senses are fully engaged in the sights, sounds, smells and tactile sensations. I love to gracefully touch all my plants, it brings a sense of comfort in my healing space.

5. You feel closer to loved ones on the other side. When I'm gardening and I see a special flower, hummingbird or butterfly, I feel God and my babies are telling me everything will be okay.

6. It creates beauty and joy for yourself and others. I love to admire my plants when I am cooking, reading and relaxing with Jordan outside.

7. It's a great way to nourish the mind, body and soul. Gardening can provide a simple meditation when one needs to feel re-centered:

To become AWARE, there is no better place to start than in nature. You can try taking this soul journey in your own garden, in a park or even with a vase of your favorite plant.

Pick out one flower or a plant you would like to explore. In this case let's say a succulent plant that blooms purple flowers. Sit in front of the succulent plant, close your eyes and take some gentle breaths.

As you become more aware of your breathing and space, begin to have a thought that you are much more than the human body. As a soul your light extends way beyond the body into the earth the sky and all around.

Think of yourself now as the light ...

Become aware that there is a lovely world within the succulent plants and you are very much a part of it. And think about how the light, water, placement affect the world of the plant or flower.

Once you are centered with the thought, begin to blend into the life-force which is within all living things. The only difference is the degree of light and love. Remember to nurture this space with your light and be mindful that you are also part of the placement that affects the world.

TIP 12

**CHOOSE YOU
EVERY DAY**

Stefanie Flores | Licensed Mental Health Therapist and
Self-Care Blogger

I consume about four hours of trauma daily, on average. I'm an addictions and mental health therapist for domestic violence survivors and people always ask me if I take my "work" home with me. Yes, there are some stories that blow my mind. I think my training as a therapist has taught me how to have the strongest boundaries ever. My level of detached compassion is off the hook. But that doesn't mean I don't get tired. It doesn't mean that I can't hear one more trauma story in the news or social media. When I started my blog, The Focus on You, I was suffering from grief of the sudden passing of my pup. Writing became my self-care.

Sharing my knowledge and spreading messages of hope was the best way to monitor how much more trauma I consumed. In the delicate balance of personal trauma and providing space for trauma survivors, I realized how my self-care was like air. Every day I choose me. Every day I recognize what I need and I honor that. Do I want caramel creamer or half and half? Does my soul need Cardi B or Marc Anthony on the way to work? Every decision I make is rooted in what I need. Because when I sit and invite a survivor to empty their soul, I need to be out of their way. That moment in session is never about me. I've been taking care of myself all along.

TIP 13

**SOOTHE YOURSELF
TO SLEEP**

Wendy Abdulmesih | Blogger

Each night my daughter and I, right before we go to bed, we: put some oil in our hands as we practice breathing techniques, then we read positive cards, and we end up listening to meditation as we fall asleep right after. This is how we can both sleep with less stress.

A heartfelt thank you to all the wonderful mujeres who shared such beautiful advice with us all. Be inspired by them to treat yourself as the most precious being in your life because you are.

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