



# SIMPLIFY YOUR WELLNESS PLAN

WITH CYCLICAL SELF-CARE

# SIMPLICITY?

FREE YOURSELF FROM HEALTHY LIVING OVERWHELM. DISCOVER THE SELF-CARE PRACTICES THAT FILL YOU UP AND LET GO OF THE REST.

Which areas of your life require the most TLC? In this guide, you'll assess which self-care practices are most essential for where you're at in your life with 3 markers:

1. Your Quality of Life
2. Your Ayurvedic Type
3. Your Energy Levels



## ASSESS YOUR QUALITY OF LIFE

Start by rating your level of satisfaction with the following areas of your life on a scale of 1-10. 1 is very low. 10 means you're highly satisfied. Circle your selections.

-JOY & SPIRITUALITY                    1 2 3 4 5 6 7 8 9 10

-GROWTH & CREATIVITY                1 2 3 4 5 6 7 8 9 10

-FOOD & PHYSICAL ACTIVITY        1 2 3 4 5 6 7 8 9 10

-RELATIONSHIPS & SOCIAL LIFE    1 2 3 4 5 6 7 8 9 10

-CAREER & FINANCES                 1 2 3 4 5 6 7 8 9 10

-HOME LIFE & RELAXATION.         1 2 3 4 5 6 7 8 9 10

**AYURVEDA** is a holistic healing practice that began in ancient India over 5,000 years ago. Considered one of the oldest forms of health science, Ayurveda focuses on preventing and relieving disease of the body and mind through self-observation and self-care.



## DISCOVER YOUR AYURVEDIC TYPE

The foundation of Ayurveda includes 3 fundamental energies, called doshas, Each dosha has an emphasis:

**Vata (Body)**

**Pitta (Mind)**

**Kapha (Soul)**

Read the following dosha descriptions to determine yours. Common characteristics listed are to be considered on a spectrum. You will likely have 1 dominant dosha, although a mixture of 2 is possible.

Keep in mind how you behaved as a child and what tendencies you've carried into your adult life.

### VATA - Element: Air & Space

**Body Type:** Thin, delicate bone structure, low body fat, hard to gain weight

**Characteristics:** Sensitive, spiritual, running late, cant sit still, forgets to eat, routine feels overwhelming, memory problems, easily confused, nervous stomach

**Signs of Balance:** Sharp, quick thinking, creative, fast talking, abstract, creative

**Signs of Imbalance:** Digestive problems, bloating, an unfocused mind, dry skin, hair and nails, menstrual cramps, feeling cold, sleeplessness, worry

### PITTA - Element: Fire & Water

**Body Type:** Medium body frame, well-proportioned, tends to be muscular, easily overheated

**Characteristics:** Type A personality, focused, organized, strong metabolism, eats regularly, workaholic, dislikes too much heat and humidity, sassy

**Signs of Balance:** Productive, organized, energized, enthusiastic, mentally sharp

**Signs of Imbalance:** Irritable, overly competitive, heart conditions, diarrhea, skin rashes, burning eyes, increased appetite, perspiration, over-working, insomnia

### KAPHA - Element: Water & Earth

**Body Type:** Larger but not necessarily overweight, gains weight easily, strong and athletic when in shape

**Characteristics:** Grounded, clear-headed, easy-going, sensual, steady appetite but can miss a meal, slower metabolism, resists exercise, enthusiastic, mentally sharp

**Signs of Balance:** Reliable, calm, peacekeeper, even-tempered, loving, affectionate

**Signs of Imbalance:** Overly emotional, lethargic, sleeping too much, depressed, overweight, colds, congestion

**Your Ayurvedic Type:** \_\_\_\_\_



## CONSIDER YOUR DAILY, MONTHLY & SEASONAL ENERGY LEVELS

Nature has a cyclical rhythm of 24 hours, 28 days, and 4 seasons. All of these factor in to how much energy you have at any given moment.

In addition to nature's rhythm, women experience 4 distinct phases in their monthly menstrual cycle. Your body has different needs at various times of the month. Your brain and your body are also ideally suited for specific ways of eating, moving and even thinking during each of these phases.

The 4 menstrual phases are:

**Menstrual (3-7 days)**

**Follicular (7-10 days)**

**Ovulatory (3-5 days)**

**Luteal (10-14 days)**

Knowing where in your cycle you're at each day will help you determine what self-care practices will nourish you best.

## Your Daily Energy

Determine which activities will be best suited to you on an average day by considering your energy flow. For instance, plan exercise when your energy is higher and plan body work or meditation when your energy is lower.

What time(s) of day is your energy at its highest?

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What time(s) of day is your energy at its lowest?

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## Your Monthly Energy

Use the following phases to guide your activities during each phase of your cycle.

**Menstrual:** Analytical, lower energy, prioritize self-care, lighter exercise

**Follicular:** Creative, openness to new experiences, try a new form of exercise

**Ovulatory:** Energetic, desire to connect & communicate, high intensity exercise

**Luteal:** Organized, focused, high intensity exercise during the first half of the phase, more self-care & lighter exercise during the latter half of the phase

## Your Seasonal Energy

Think about how you feel during each of the 4 seasons. What activities do you enjoy doing in each? What wellness practices will you try, to make each season feel uniquely satisfying? Get creative!

**Spring** \_\_\_\_\_

**Summer** \_\_\_\_\_

**Autumn** \_\_\_\_\_

**Winter** \_\_\_\_\_

# DESIGN YOUR INDIVIDUALIZED SELF-CARE PLAN

IDENTIFY THE PRACTICES THAT FILL YOU UP.  
SET ASIDE THE ONES THAT DON'T.

Congratulations! You're now ready to curate your very own personalized self-care practice.

Self-care rituals are not an act of self-indulgence, but an important part of helping you show up in all your life roles as a more grounded, energized and compassionate person.

Circle 1 or 2 things that you want to do consistently from the list on this page (add your own ideas too!) Use the recommendations for your dominant dosha to guide your selections:

Vatta: Activities that bring calm & warmth

Pitta: Activities that bring relaxation & coolness

Kapha: Activities that bring energy & emotional release

**I'd love to hear how this works for you!**

**Please tag me @sheilaabotelho on Instagram to share the self-care practices that nourish you the most for your dosha!**



## SELF-CARE RITUALS

### MIND:

- Daydream
- Make a decision
- Discover a new podcast
- Drive a different route
- Goof off
- Learn a new language
- Do a one minute meditation
- De-clutter
- Unplug for an hour
- Learn something new

### BODY:

- Do deep breathing exercises
- Have a dance break
- Drink warm lemon water
- Get a massage
- Scan your body to see how you're feeling
- Practice yoga
- Sit in the sun for 15 minutes
- Inhale an essential oil
- Hug someone
- Go for a walk in nature
- Take a nap
- Dry-brush your body
- Do a home facial or Epsom salts bath

### SOUL:

- Pray/deepen your spiritual practice
- Write yourself a love letter
- Plan an overnight getaway
- Get creative (sing, play, paint, write)
- Meditate for 10 minutes
- Meet up with a friend
- Keep a daily gratitude journal
- Connect with someone
- Lounge on the couch with a cup of tea
- Laugh at comedy
- Listen to inspiring music
- Encourage someone