

Here are 15 self-care questions to ask yourself:

1.) Are you hydrated?

Water helps to release emotions and toxins from your body. Whenever you have been doing a lot of releasing or inner work, your body requires a lot more water to help move things and release any stored negative energy.

2.) Have you eaten something nutritious in the last 3 hours?

When you are feeling low it can be easy to lose your appetite or gravitate towards sugary or salty foods. While this can satisfy your cravings for a moment, in the long run this can lead to increased feelings of low energy and exhaustion. When you are feeling extra sensitive, eating grounding foods like root vegetables are a good choice.

3.) Have you stretched and moved your body?

Moving and stretching your body is a great way to get your blood flowing and it can also help to release any stagnant energy. Here are some power poses you can try.

4.) Have you paused for a moment and taken 5 deep breaths?

Taking a moment to close your eyes, still your mind and take 5 deep breaths can be extremely relaxing and healing. If you notice any resistance while you do this, just keep breathing through it. Once you have reached the 5th breath you will feel much more at peace.

5.) Did you sleep for at least 7-8 hours last night?

Getting a good night's sleep is so important, but if you didn't sleep too well last night be sure to be extra gentle with yourself. Perhaps take a power nap or create a bed-time ritual that will help you to fall asleep.

6.) Have you had a shower in the last 24 hours?

When you are feeling low it is easy to laze around in your pajamas all day, but this can keep you in a groggy state of mind. Showering can actually be very energizing and therapeutic. When in the shower, take a moment to visualize the soap washing away any negative or stuck energy and then as you rinse your body, imagine a beautiful golden white light of protection covering you.

7.) Have you said something nice or done something for someone else this week?

One of the best ways to boost your mood is to do something nice for someone else. Even a simple act of opening the door for a stranger, or sending a bunch of flowers to a dear friend can help to lift your energy.

8.) Have you reached out to your friends and family for a chat or outing this week?

While spending time alone is great for self reflection and contemplation, it can also lead to repetitive thinking and feelings of being stuck. If you notice yourself falling into this pattern, consider making the time to catch up with some good friends.

9.) Have you made time to do the things you enjoy doing?

Very often we get so busy with life that we forget to actually enjoy ourselves! Life is meant to be enjoyed, so making time to do things you love every single day is important for a well-balanced life.

10.) Have you done your hair/are you wearing clothes that make you feel good?

Doing your hair and wearing nice clothes can definitely help to boost your mood. While self-confidence is an inside job, when you feel good about your appearance it does help you to feel better about yourself. If you have been wearing sweats all week, consider changing things up and see how that effects your mood.

11.) Have you said something gentle and loving to yourself in the last hour?

Most of us are super hard on ourselves and beat ourselves up for not doing enough or being enough or for making mistakes. This type of self talk is never going to serve you, so consider being gentle and loving with yourself instead.

12.) Have you listened to some uplifting music?

Music is extremely healing and is a great way to boost your mood and get you feeling good again.

13.) Have you spent time in nature in the last 3 days?

Spending time in the quiet of nature can be extremely healing. If you have not been out in nature in the last few days consider planning a hike, walk or even a picnic to somewhere green, or even sandy.

14.) Have you addressed or dealt with any nagging thoughts or feelings?

Having something on your chest or repetitive thoughts can weigh you down and cause you to feel irritable. If there is something troubling you, give yourself permission to address it. Perhaps you need to write a letter, or confront someone in your life. Whatever the action, getting things off your chest and expressing yourself can make you feel a whole lot better.

15.) Have you reflected on all the things you feel grateful for?

Gratitude. This wins every time when it comes to raising your vibration and help you to shift out of a funky mood. Simply reflect on 7 things you feel grateful for and it will always help to brighten your day.