

The
MOANA PACIFIC WOMEN'S NETWORK
Guide To
self-care





tip #1: Focus on you.

When you wear many hats, juggle different roles and serve others daily, you tend to forget how to put yourself first. Selflessness can sometimes come at a cost to our own well-being, but we need to remember that we can't serve from an empty cup!

If you find yourself overwhelmed and need some time to focus on yourself, here are some things you can do to reset:

- **GO FOR A WALK**
- **JOURNAL**
- **WATCH A NEW SERIES**
- **DO SOMETHING THAT SPARKS JOY**
- **HAVE SOME QUIET TIME FOR LOTU (PRAYER) AND REFLECTION**



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When things go wrong, be gentle.

Do things you love often.

Stay true to your values.

Have an attitude of gratitude.

MOANA PACIFIC WOMEN'S NETWORK

tip #2:

Intentional connections.

It's important to keep yourself surrounded by positive energy and people. So much of our lives can be consumed by social media, current news and technology, but nothing beats a catch up with your friend or a coffee with a loved one.

Here are some things you can do to help facilitate those intentional connections away from your smartphone:

- **GET COFFEE WITH YOUR BESTIE**
- **SHARE A MEAL WITH FRIENDS**
- **EXERCISE IN A GROUP SETTING**
- **RUN A GAMES NIGHT OVER ZOOM**





tip #3:

Connect with nature.

It's easy to find yourself stuck inside the house behind your laptop screen, doing chores, looking after people and not having any time to breathe. If you're feeling like you need a break, getting outdoors and connecting with nature is a good way of grounding yourself in a more calming environment.

Here are some things you can try:

- **DO SOME GARDENING**
- **GO FOR A WALK AT YOUR LOCAL BEACH OR PARK**
- **HIKE A SCENIC TRACK**
- **SWIM IN THE MOANA (OCEAN)**
- **BREATHE IN FRESH AIR**



Practice the “Pause” and embrace the moment - both the easy and challenging ones.

If things get
overwhelming:

If you're unsure:

If it gets too
difficult:

If you're angry:

If you're happy:

Pause.



tip #4: Treat yourself.

Never feel guilty about wanting to treat yourself! Pampering yourself can seem like a far stretch when you have multiple responsibilities, but you deserve to feel great inside and out.

Here are some ways you can treat yourself to a little rest and recreation:

- **BOOK YOURSELF IN FOR A MASSAGE, PEDICURE, MANICURE OR SPA DAY**
- **GET YOUR HAIR DONE**
- **TREAT YOURSELF TO SOME RETAIL THERAPY**
- **BAKE WHAT YOU CRAVE**



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***In the workplace, in the home
Lead when everyone's watching,
and when you're alone.***

**EXCERPT FROM THE POEM "LEAD"
BY SELINA TUSITALA MARSH**



tip #5:

Get active.

Physical activity is a great well-being boost if you're feeling low! Especially if you've been sitting in an office all day and need to stretch your legs.

Here are some physical activities you can do:

- **GO TO THE GYM**
- **GO FOR A WALK OR RUN**
- **TRY NEW WORKOUTS LIKE STRENGTH TRAINING**
- **PLAY A SPORT, OR TAKE UP A NEW SPORT (LIKE GOLF!)**
- **DO SOME YOGA**



tip #6:

Listen.

We all have a song or two that gets us into the right mood, whether it's a song to get us hyped for a meeting, a song to help us relax or a song to express how we're feeling.

We've created a playlist of all the songs that get us into the self-care mood and help us relax. Enjoy!

CLICK BELOW FOR OUR PLAYLIST:



**OR SEARCH "MOANA PACIFIC WOMEN'S
NETWORK" IN SPOTIFY**

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***In a society that says, 'Put yourself last,' self-love
and self-acceptance are almost revolutionary.***

BRENÉ BROWN

tip #7: **Read.**

Sitting down with a good book is another great way of investing in your own self-care time! Here is a list of book recommendations and authors from our Moana Pacific Women's Network:

- ***THE GIFTS OF IMPERFECTION - BRENÉ BROWN***
- ***LEAN IN - SHERYL SANDBERG***
- ***LANI WENDT YOUNG***
- ***ATLAS OF THE HEART - BRENÉ BROWN***
- ***WHY WE SLEEP - MATTHEW WALKER***
- ***DARE TO LEAD - BRENÉ BROWN***
- ***WORD 4 TODAY***
- ***PSALM 91 FOR MOTHERS - PEGGY JOYCE RUTH***
- ***EDUCATED - TARA WESTOVER***
- ***40 DAY SUGAR FAST - WENDY SPEAKE***
- ***ONE THOUSAND GIFTS - ANN VOSKAM***
- ***PRAYERS FROM THE THRONE ROOM***



“

***Ke mau
mai
aulua foe.***

Keep paddling.

TUVALUAN PROVERB