

THE NOURISHED SELF



**15 SELF-CARE PRACTICES TO HELP YOU FEEL MORE
GROUNDED, NOURISHED & PRESENT**

by CLWELLNESS

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WELCOME



MEET YOUR COACH

Hey there, I'm Carmen.

I'm an Integrative Health Coach, Nutritional Advisor, International Private Chef, and Toddler Mom — passionate about helping women feel more connected, energized, and at home in their bodies.

I believe that real self-care isn't just bubble baths and green juice — it's feeding yourself well, setting boundaries, slowing down, and remembering that you matter too.

Through food, movement, and mindful rituals, I help women reconnect to themselves in a way that feels nourishing.

I'm so glad you're here.

- Carmen xoxo

WHY NOURISH

yourself

Hi Lovely

I'm so glad you are here

As women, we hold a lot — in our minds, our bodies, our hearts. We're caregivers, space holders, decision makers, creators. Whether it's in our homes, our work, or our relationships, we have an incredible capacity to give and support. And that's something to be proud of.

But the truth is: our ability to care for others is deeply connected to how well we care for ourselves.

Self-love is the foundation of self-care — and when we honour our own needs, we create space for more energy, clarity, calm, and connection in our lives.

That's why I created The Nourished Self — a collection of simple, soulful practices to inspire your self-care and bring you back to yourself when you need it most.

When you're unsure where to start, or you feel a little off-center, come back to this list.

Use it to spark small moments of reconnection — with your body, your breath, your joy, your worth.

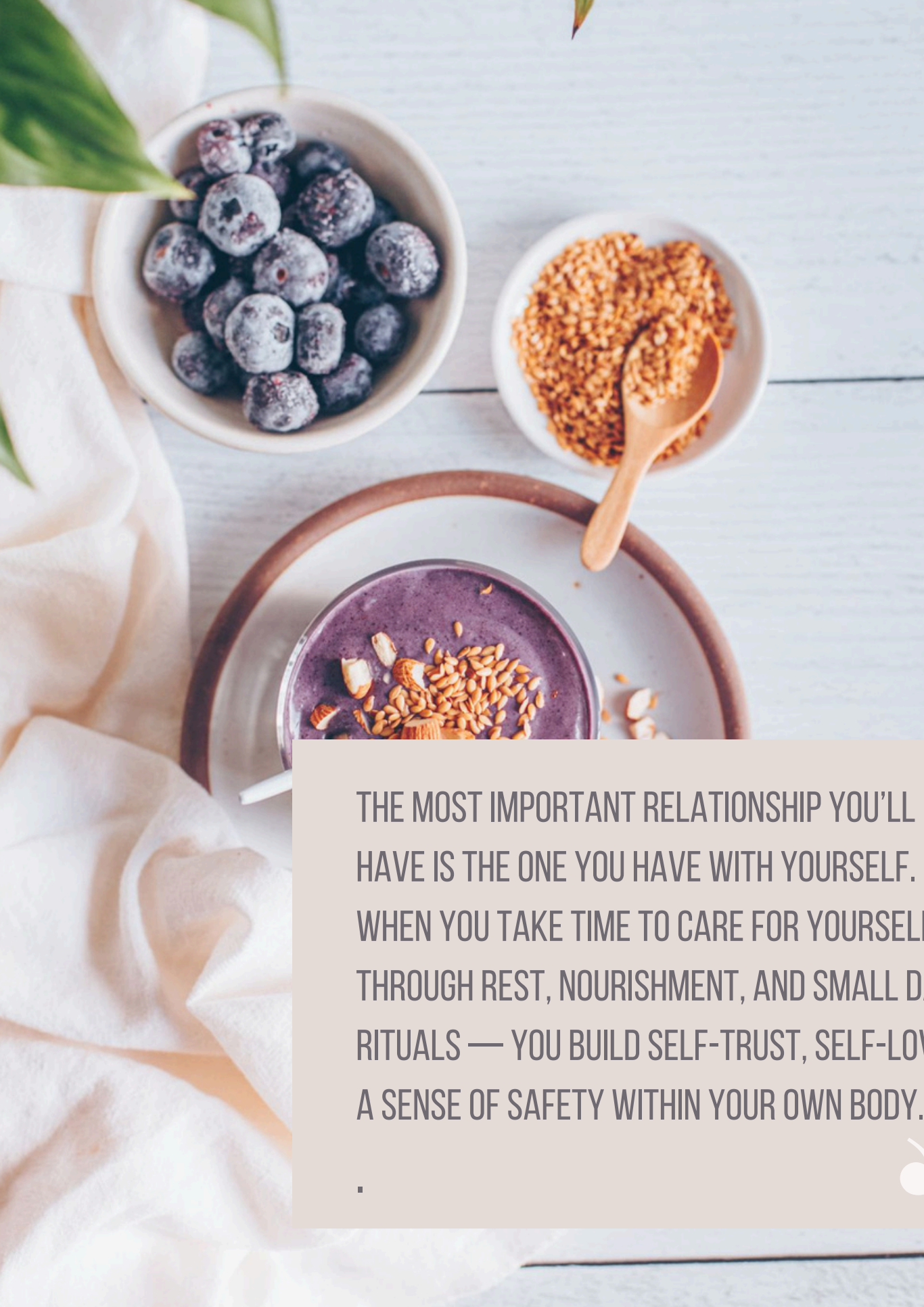
Consistently committing to self-care isn't selfish — it's how you stay rooted in who you are.

XOXO

SELF-CARE PRACTICES



- 1 Start your day with a mineral-rich elixir**
- 2 Light a candle with intention**
- 3 Curate a 'nourish me' playlist**
- 4 Reorganize one small space just for you**
- 5 Calming foot soak**
- 6 Make yourself a nourishing breakfast**
- 7 Nervous system reset**
- 8 Write yourself a permission slip**
- 9 Ground yourself in nature**
- 10 Cook yourself a wholesome meal**
- 11 Evening reflection ritual**
- 12 Set a loving boundary (as a ritual)**
- 13 Ask your body what it needs — and listen with love**
- 14 Plan something you're excited about**
- 15 Prep one snack or meal for your future self**



THE MOST IMPORTANT RELATIONSHIP YOU'LL EVER HAVE IS THE ONE YOU HAVE WITH YOURSELF. WHEN YOU TAKE TIME TO CARE FOR YOURSELF — THROUGH REST, NOURISHMENT, AND SMALL DAILY RITUALS — YOU BUILD SELF-TRUST, SELF-LOVE, AND A SENSE OF SAFETY WITHIN YOUR OWN BODY.



START YOUR DAY WITH A MINERAL-RICH ELIXIR



This drink is designed to support your body on a subtle, foundational level.

It assists with deep cellular hydration, gently stimulates digestion, supports your body's natural detox processes, and replenishes minerals often depleted by stress.

It's meant to be sipped slowly and intentionally, soon after waking — ideally before you reach for coffee.

Recipe at the end of guide

LIGHT A CANDLE WITH INTENTION



Whether it's part of your evening wind-down routine or during a quiet moment in your day, take some time to check in with yourself.

Light a candle, take a few deep breaths, and let your attention turn inward. You can follow a short guided meditation, or simply sit in stillness for a few minutes.

When you feel ready, ask yourself:
“What can I release right now?”

Stay quiet for a few moments, and just listen. Trust that your intuition may offer what you need.

Let this ritual be a gentle way to clear emotional clutter and come back to yourself.

CURATE A “NOURISH ME” PLAYLIST

Create a short playlist of songs that make you feel good — whether that’s calm, comforted, uplifted, or just more like you.

Play it while you cook, journal, take a bath, or lie in bed.

Let the music shift your energy and help you come back to yourself.

REORGANIZE ONE SMALL SPACE JUST FOR YOU

Clear out a drawer, tea shelf, or nightstand and turn it into a small ritual space.

Add something you love — a candle, a quote, a small bowl, or a photo.

Sometimes the smallest shifts in our space reflect the biggest shifts within.

CALMING FOOT SOAK



Fill a bowl or basin with warm water and add a handful of Epsom Salts (a natural source of magnesium).

This simple ritual helps calm your nervous system, ease tension, and ground you back into your body — especially after a long or overstimulating day.

To make it extra soothing, add a few drops of essential oil (lavender, eucalyptus, or chamomile), and if you like, toss in some rose petals, dried flowers, or calming herbs.

Sit and soak your feet for 20 minutes, or until the water cools.

MAKE YOURSELF A NOURISHING BREAKFAST



Start your day by feeding yourself in a way that truly supports your body.

Eating a proper breakfast is one of the most powerful ways to support your energy, hormones, and mood throughout the day. It helps stabilise blood sugar, wakes up your metabolism, and gives your body what it needs to function well — especially under stress.

Try to eat without any distractions — like your phone, TV, or multitasking — and make it a moment to slow down and truly nourish yourself.

Recipe at the end of guide

NERVOUS SYSTEM RESET



Simple breath and body-based practices like these help shift your nervous system out of stress and into a state of calm.

Breath with hand on chest and belly:

- Lie or sit comfortably. Place one hand on your chest, one on your belly. Breathe in for 4 counts, hold for 4, out for 6. Feel your breath rise and fall beneath your hands.

Legs-up-the-wall:

- Lie on your back with your legs extended up a wall or chair. Rest your arms by your sides and breathe slowly.

Child's pose with breath:

- Rest your forehead on the ground or a cushion. Let your belly soften and take slow, steady breaths into your back and sides.

Swaying or rocking.gently:

- Stand or sit and let your body gently sway side to side or forward and back. This rhythmic movement can soothe the nervous system and help discharge tension.

Butterfly hug:

- Cross your arms over your chest, resting your hands on your upper chest. Gently tap each side alternately—left, right, left, right. This simple bilateral tapping technique helps calm your nervous system, reduce stress, and support emotional regulation.

WRITE YOURSELF A PERMISSION SLIP



Choose a day where you feel like you need to put yourself first — even just a little.

Then grab a piece of paper and write:

“Today, I give myself permission to...”

...rest.

...say no.

...not reply.

...slow down.

...feel what I’m feeling.

...change my mind.

Sign it. Commit to that permission — just for today.

Keep it somewhere you’ll see it. A mirror, a journal, the fridge.

You don’t need anyone else’s approval to care for yourself.

GROUND YOURSELF IN NATURE



Find a moment to be outside in nature— choose a spot in your garden, a walk on the beach, through a forest, or in a nearby grass field.

Take off your shoes if you can and feel the ground beneath you. As you walk or stand still, say five things you're grateful for right now — either in your mind or out loud.

They don't have to be big—simple things like the warmth of the sun, the air on your skin, or even the fact that you took this moment for yourself.

COOK YOURSELF A WHOLESOME MEAL



Choose quality ingredients — organic or locally grown if possible — and cook something that feels good for your body.

It doesn't have to be complicated or time-consuming. What matters is that you slow down and approach it with intention.

Put on music you love, move slowly, and let the process be part of the nourishment.

Pour yourself your favourite drink — whether it's herbal tea, kombucha, or a glass of wine — and stay present while you cook.

Recipe at the end of guide

EVENING REFLECTION RITUAL



Make yourself a warm, calming drink and take a few quiet minutes to check in with yourself through journaling.

This is your space to reflect without judgment and process your day. Writing things down helps clear mental clutter and strengthens self-awareness over time.

You can use simple prompts like:

- What went well today?
- What didn't go well, and how can I grow from it?
- One thing I'm proud of myself for today?

Let this ritual be a way to honour what came up and gently release what you don't need to carry into tomorrow.

SET A LOVING BOUNDARY (AS A RITUAL)



Boundaries protect your energy, your time, and your well-being. The more you practice, the easier it becomes to honour what you need.

Here's how to turn this into a self-care ritual:

Pause, reflect and ask yourself:

- What's been draining me lately?
- Where am I saying yes out of guilt or habit instead of alignment?
- Choose one boundary to set today.

It can be as simple as not answering messages after a certain hour, skipping an event you don't feel up for, or carving out quiet time for yourself.

Write it down like an intention:

“Today, I choose to protect my energy by...”

Follow through with love, not apology.

ASK YOUR BODY WHAT IT NEEDS — AND LISTEN WITH LOVE

Pause. Place your hand over your heart or belly and ask:
What do I need right now?

Even if you can't give 100%, meet yourself halfway. The act of asking is a practice in self-connection.

PLAN SOMETHING YOU'RE EXCITED ABOUT

It doesn't have to be big — a solo breakfast, a morning walk, a new recipe, or a day with no plans.

Joy counts as nourishment and looking forward to something is powerful.

PREP ONE SNACK OR MEAL FOR YOUR FUTURE SELF




Make something simple you'll be grateful for later — muffins, a veggie-packed soup, overnight oats.

Taking a few minutes to nourish yourself ahead of time is a quiet act of self-love.

This kind of care builds trust in yourself and reminds you that you're worth the effort.

Recipe at the end of guide



**TO LOVE ONESELF
IS THE BEGINNING
OF A LIFELONG
ROMANCE**

Oscar Wilde

MINERAL - RICH ELIXIR



METHOD

1. Mix everything into warm water. Stir gently. Sip slowly and intentionally.
2. Let this be a quiet moment to hydrate, check in with yourself, and start your day from a place of calm and nourishment.

PREP
TIME

3 mins

COOKING
TIME

NO OF
SERVINGS

1

INGREDIENTS

- 300ml warm filtered water
- $\frac{1}{2}$ lemon, juice
- 1 tbsp raw apple cider vinegar
(with the mother)
- A pinch of good-quality
sea salt or himalayan salt

OPTIONAL ADD-INS

- 1 tbsp aloe vera juice (for gut and
skin support)
- $\frac{1}{4}$ tsp camu camu powder (for a
natural vitamin C boost)
- A few drops of liquid
chlorophyll (for gentle detox
+ energy)
- Slice of fresh ginger or mint
leaves
- Dash of cinnamon (for blood
sugar balance)

SUPERFOOD BREAKFAST BOWL



METHOD

1. Blend all smoothie base ingredients until thick and creamy (think soft-serve consistency).
 2. Spoon into a flat bowl.
 3. Top with your favorite arrangement of toppings.
- You can substitute the fruit with any other fruit you enjoy

PREP
TIME

10 mins

COOKING
TIME

NO OF
SERVINGS

1 large bowl

INGREDIENTS

- 1 cup kefir (or coconut kefir)
 - 1 frozen banana
 - ½ cup frozen mixed berries
 - ¼ cup frozen dragonfruit cubes
 - 1 tbsp chia seeds
 - 1 tbsp hemp seeds
 - 1 tbsp ground flaxseed
 - 2 tbsp nut butter
 - 1 tsp baobab powder or maca
 - 2 tsp acai powder
 - ½ tsp cinnamon
- Splash of water or coconut water (if needed to blend)

Optional:

Clean protein powder

TOPPING IDEAS

- Sliced fresh banana
- Dragonfruit balls or cubes
- Fresh blueberries
- Homemade granola
- Hemp seeds
- Nut butter
- Bee pollen

QUINOA VEGGIE BOWL



METHOD

1. Roast the Butternut:

Toss butternut cubes with a little avocado oil, salt, and pepper. Roast at 200°C (390°F) for 25–30 minutes, until golden and soft.

2. Roast the Other Veggies:

When butternut has been roasting for 10 mins, add the bell pepper, onion, and zucchini to tray. Roast everything for another 15–20 minutes, until tender. Add tomato for the last 3 min.

3. Cook the Quinoa:

Prepare quinoa as per packet instructions

4. Make the Dressing:

Whisk ingredients together until smooth.

5. Assemble:

In a bowl, combine quinoa and roasted veggies. Top with pomegranate seeds, basil, and seeds. Drizzle over the dressing and gently toss.

PREP TIME	COOKING TIME	NO OF SERVINGS
10 mins	30 mins	1

INGREDIENTS

- 1/3 cup cooked quinoa (2–3 tbsp uncooked)
 - 1/3 cup butternut, cubed
 - 1/2 bell pepper (any color), diced
 - 1/4 red onion, chopped
 - 1/4 zucchini, chopped
 - 4-5 cherry tomatoes, halved
 - 2 tbsp pomegranate seeds
 - 1 tbsp sunflower seeds
 - Small handful of fresh basil leaves, torn
- Optional:
- Grilled Chicken
 - Crumbed goats cheese/feta

DRESSING

- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp honey or maple syrup
- 1/4 tsp dijon mustard
- Salt and pepper, to taste

SAVORY VEGGIE MUFFINS



METHOD

1. Preheat oven to 180°C (350°F) and line or grease a muffin tray.
2. In a large bowl, mix all ingredients until well combined.
3. Scoop into muffin tins and smooth the tops.
4. Bake for 20–25 minutes or until golden and cooked through.
5. Let cool slightly before removing from the tray.

PREP TIME	COOKING TIME	NO OF SERVINGS
10 mins	20-25 mins	8

INGREDIENTS

- 1 ½ cup almond flour
- 2 eggs
- ¼ cup olive oil or melted coconut oil
- ¼ cup plain yogurt (Greek or coconut both work well)
- ½ cup zucchini, grated (squeeze out excess moisture)
- ½ cup carrot, grated
- ½ cup spinach, finely chopped
- 1 tsp baking powder
- ¼ tsp sea salt
- ½ tsp garlic powder
- 1 cup grated cheese (cheddar/feta)
- Sprig of thyme or rosemary