

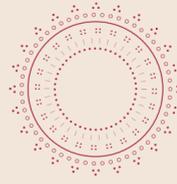
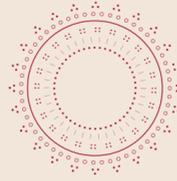
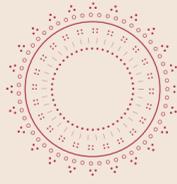
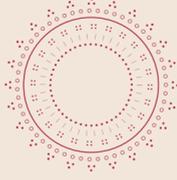
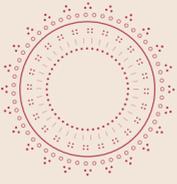
SELF CARE TOOLKIT

10 inspirations
to Rest, Renew
and Replenish
and find
inner Balance

Honouring your
Being as a sensitive
introvert entrepreneur



Anita Kooij
www.kunstvanvertragen.nl



MAKE THE SHIFT:

HAVE A LOVING ATTITUDE
TOWARDS YOURSELF
NO MATTER WHAT



Self care and Selfcompassion are expressions of an inner attitude.

A commitment.

A conscious choice.

A mind shift.

From striving and pushing to 'doing' with ease.

From self criticism and perfectionism to self appreciation and selfcompassion.

From continuous overwhelm to a dynamic balance between the outside world and your inner realm.

From sacrificing your sensitivity to honouring what you do AND who you are.



Embrace your sensitive introvert Being.

Nourish her. Take care of her. Give her what she needs. Be faithful to your sensitivity. Support your deepest Self no matter what. Trust divine timing in knowing what you really need when. Be ready to blossom.

And build your resilience.

Deepening Inner peace.

Sharp your sensing and intuition

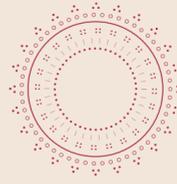
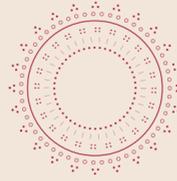
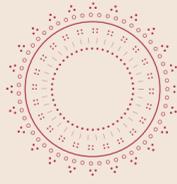
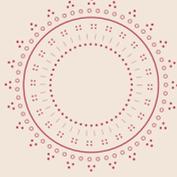
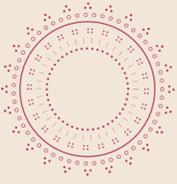
Trust the needs and longings

of your precious Body, Soul and Heart.

SO YOU CAN BUILD AN

ENJOYING , ENRICHING AND DEEP FULFILLING BUSINESS FROM SOUL.





HI, NICE TO MEET YOU

My name is Anita Kooij. I am a highly sensitive creative entrepreneur living in the Netherlands. In the last 10 years i have experienced how difficult it can be to balance selfcare and quiet recovery replenishing times with building a business.

That's why i created this SELF CARE toolkit. To use daily as a checklist, reminder, inspiration and Plus an empty fill-in to bring in your own unique self care practice. To remember



SELF CARE = SELF LOVE = INNER FOUNDATION

Here is to building our businesses the Feminine Way.
Not by setting goals, running after , complicated strategies,
But by laying an inner foundation for healthy actions and

As introverts we have to learn to balance Doing and Being.
Cultivate the YIN in order to take action from the YANG.
Let our actions be Inspired Actions.



What if selfcare and selflove were priority number 1?
What if we learned to rest in our moment to moment experience.
What if we could trust the timing of knowing when to act en when to wait?

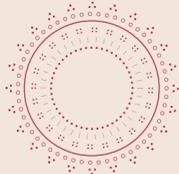
With a deep bow to your innermost Being.
Body, Heart, Soul aligned.

WITH LOVE,
ANITA

#Artof.SlowingDown

www.kunstvanvertragen.nl/eng info@kunstanvertragen.nl





1 ... CREATE A SANCTUARY OF PEACE

Create 1 special place in your house where you can retreat when you feel overwhelmed. Preferably not your office. Let it be a place for meditation, perhaps with an altar, and rest. A space where you can truly unwind with no distractions. And retreat any time you need it.



2 ... LET SILENCE BE YOUR ALLY

5m or more - Take some time daily to withdraw from any stimulus, Especially electronic devices. Let your computer be, turn off your mobile phone. Let your senses rest in open awareness and let silence calm you down and envelop you.



3 ... SELFMASSAGE AS A DAILY PRACTICE

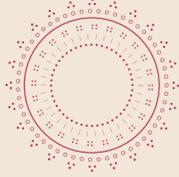
5m - If you need an energy boost, give yourself a quick self massage. Make small open bowls with your hands en tap softly but directly onto your body. Start with your arms, go to your chest, down to your legs, go up to your lower back, to your belly. Rub your face and ears and enjoy the tingling sensation.



4 ... GROUNDING: BRING YOUR ENERGY TO YOUR FEET

5m - Massage your feet. Buy a tenniss ball and make it a habit to stand on the ball for 2 minutes and firmly rub your feet in long strokes. Or stamp with your feet and shuffle on the floor with your feet until they are warm. Lastly, take a foot bath with soda to release tension.





5 ... MOVE !

10m - Practice a short routine of Yoga, Qigong, Fitness or some sports that you enjoy doing. Start shaking, dancing, running or waving your arms. Movement ensures that your energy starts flowing, tension and unnecessary information is released and your body is provided with fresh oxygen.



6 ... TUNE IN INTO YOUR BODY

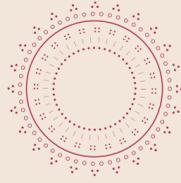
10m. - Sit down on a chair with your back straight and your feet flat on the floor, your hands folded in your lap. Tune your attention inward to your body and notice how your buttocks rest on the chair. Sense also the way your feet are touching the floor. Feel the weight, the temperature, the circumference of your feet. Then bring your attention to your belly, the place 3 inches underneath the navel. Stay there with soft focus for three breaths.



7 ... BE NOURISHED BY NATURE

30m - Plan at least 30 minutes to walk in nature. If it is the forest, the sea, a park, nearby your house or anywhere you are inspired. Start walking with relaxed attention for your surroundings. Let there be NO focus or goal to reach. The intention is open to just Being. Feeling the fresh air, noticing the impulses that come to you through your senses. Feel the wind touching your skin and hear, feel the movement of your body.





8 ... LET YOUR EYES REST IN THE DARK

5m - Give your eyes some rest by closing them on a regular basis. Then your eyes can relax in the dark and process visual information. You can also sit in a chair and let your elbows rest on a table. Then rub your hands for a minuten and then place your hands on your eyes while you keep your eyes open. This a bath of warm soothing energy.



9 ... BALANCE ACTIVITY AND MOMENTS OF REST, DOING AND BEING

10m - Plan your day consiously and balance rest and activity. Start with how much rest you need during a day and then plan your activities around these moments. Set a timer for inspired action and use the pomodori technique to work 25 minutes alternated with 5 minutes break.

20m - Plan also moments of free space for at least 20 minute. Try to 'do' nothing and let your brain let go of any focus. Use a timer on your phone or download a mindfulness bell.

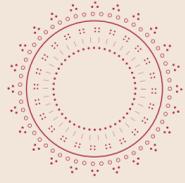


10 ... MAKE SPACE FOR RECEIVING

Creating space for Being is making space for receiving. Contemplate the following question: 'What would you like to receive?' A massage, attention from a friend, a beautiful movie or book, go to the sauna? Something else? Reserve a moment in your calendar and give it to yourself!

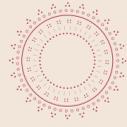


SELF CARE TOOLKIT
FOR INTROVERT
SENSITIVE ENTREPRENEURS

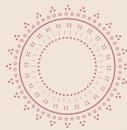


11 ...

Art of Slowing Down



12 ...



13 ...



14 ...



15 ...

~ FREE SESSION ~

DO YOU WANT TO BE FREE FROM OVERHELM AND
CREATE A LIFE OF EASE?

- ... transform your inner Critic and embrace your inner Mentor
- ... tune into divine timing: when to pause and when to sprint
 - ... find deep inner Rest in your Body
- ... cultivate radical selfcare, selfcompassion and quality ME time
 - ... bring your centre, heart and mind in alignment
 - ... let go of what depletes you
- ... invite and nourish what brings you joy, inspiration and ease

YES, let's talk !

>>> *schedule your appointment*



ENJOY SENSITIVITY

ABOUT ANITA

I help introvert highly sensitive creative female entrepreneurs to integrate healthy self care habits and selfcompassion in their life. So they stay grounded, balanced and in a joyous connection to their body, heart and inspiration.

In 2010 i founded The Art of Slowing down to offer sensitive souls a place and pathway to replenish their energies, find balance between 'doing' and 'being', and reconnect with their why, their true inspiration and their body.



HELPING INTROVERT AND HIGHLY SENSITIVE WOMEN TO TRANSFORM FROM A PLACE OF OVERWHELM INTO EASE

Happy highly sensitive introvert creative entrepreneur. Expert in embodied presence. transformation coach, mindfulness teacher, qigong practitioner. (dance)improvisor. Attentive, Playful. Compassionate. Clear Intuition. Inspiring. Down to earth.

After 5 years of chronic fatigue syndrom i rediscover the Art of Slowing down and create a pathway to inner peace based on meditation, radical selfcare and selfcompassion.

So sensitive smart women can embody their uniqueness and sustain a thriving business.

LET'S CONNECT!

INSTAGRAM

FACEBOOK

WWW.KUNSTVANVERTRAGEN.NL/ENG/

*"Oh please be careful with me
I'm sensitive
And I'd like to stay that way".*

From the song "I'm Sensitive"
by Jewel –
debutalbum 'Pieces of You'

