

YOUR GUIDE TO SELF CARE



PRESENTED BY
ELITE BEAUTY SOCIETY
& **BOBBI FOSTER-KELLY**

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The thought of life after cosmetology school can be exhilarating... and scary at the same time!

So much to process... and manage...and so many decisions to make!

I had the good fortune to make a life- long career in the beauty industry- from student, to stylist, to artist, to trainer, to manager and ultimately to 20+ years working for a manufacturer - in training and education.

My greatest take away on how to be successful and earn a great living is to always keep learning and to ALWAYS take care of yourself! It's hard work to stand behind a chair (or table) all day and take care of clients. It takes lots of stamina - physically, mentally and emotionally.

I've been there... and I'm super excited for this opportunity to share some ideas on how you can make it from here... to 'there'. Wherever you dream your there to be! The professional salon industry is amazing and your opportunities are endless!

It's been my experience, that everything leads back to personal development. Take care of yourself 1st and the rest will take care of itself. A healthy, happy YOU will ensure your dreams and career aspirations come to be!

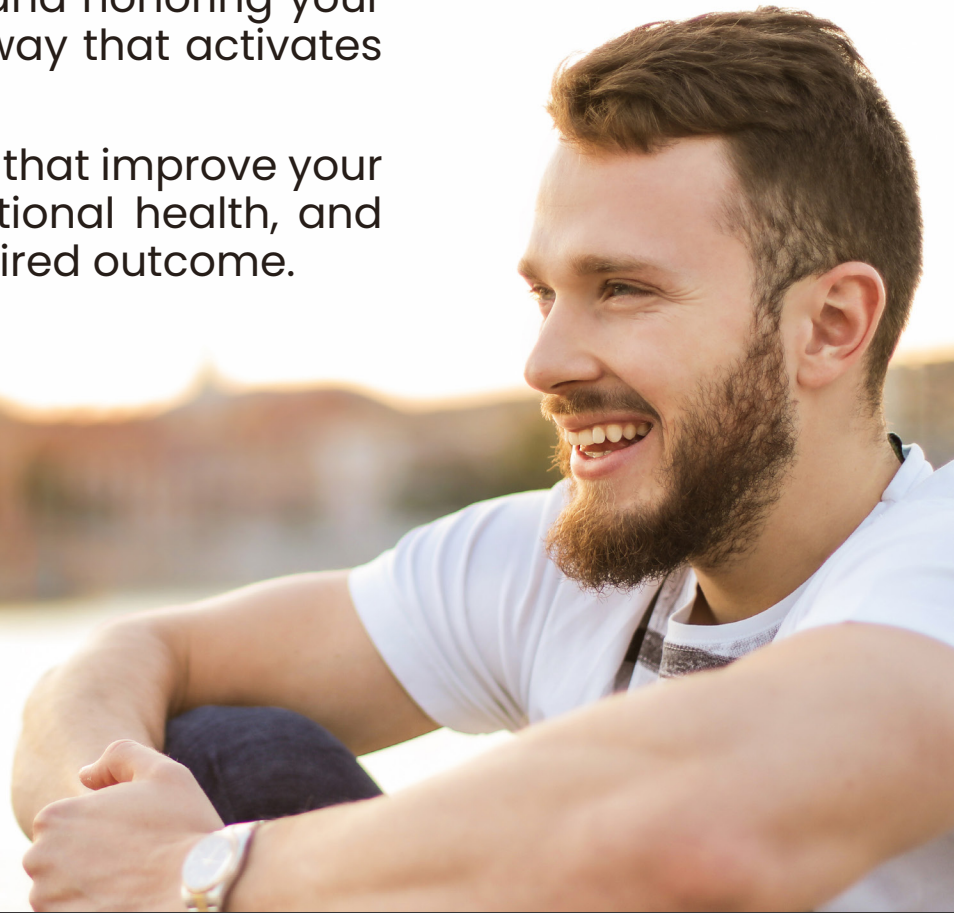
You'll have great learnings. You'll make enough money to do the things you want. And you'll ultimately live the kind of life you're dreaming about!

FALL IN LOVE WITH TAKING CARE OF YOURSELF

Body, Mind, & Spirit

Self-care is taking care of and honoring your mind, body and spirit in a way that activates your best self.

Self-care choices are those that improve your physical, mental, and emotional health, and move you towards your desired outcome.



SELF-CARE HELPS YOU:

- create work/life balance
- beat emotional fatigue
- find sustainable inner peace
- and be HAPPY!

It's like the instruction you get on an airplane when preparing for take-off. "Put your own oxygen mask on before helping others"!

If you don't, your energy drains and you simply don't have enough to give others. And let's face it – one of the reasons you chose this career is to help others!

Intuitively we know this. In fact, our own heart gives us a lesson on this!

LESSON OF THE HEART



- Our own hearts actually gives us a lesson in how to serve
- The 1st oxygenated blood that comes into the heart is taken in and used by the heart itself
- The heart is intuitive enough to know that it must take care of itself first
- And then the heart pumps blood out to feed the rest of the body

So take this metaphor to heart (pun intended) and keep your cup (or bucket) full so you are able to sustain your energy and help others. Put on your own oxygen mask first!

Let's begin this journey with an understanding of who we are!

ENERGY

We as humans, are energy systems – that expend and renew energy. When you keep your energy body in balance naturally, everything else begins to fall into place. Our energy systems are known as:

Body, Mind, & Spirit

These are not separate. What affects one, affects the other. Each system needs to be tended to- taken care of- charged.



WHAT IF WE RECHARGED OURSELVES, AS OFTEN AS WE DO OUR PHONES?!

What if we didn't wait until there was only one bar left? Think about how a low battery affects your phone... it's the same with us. Keeping our batteries charged (our energy) helps us perform at our peak!

Make a list of 5 things that drain your energy.

Make a list of 5 things that boost your energy. Do more of those!

Although our energy systems (Body, Mind, Spirit) are not separate, it's helpful to look into them individually so that we can begin to become aware of each and how they contribute to our overall well-being.

BODY

The mind's first step to self-awareness
must be through the body.

-George A. Sheehan

"and I said to my body, softly,
'I want to be your friend.'

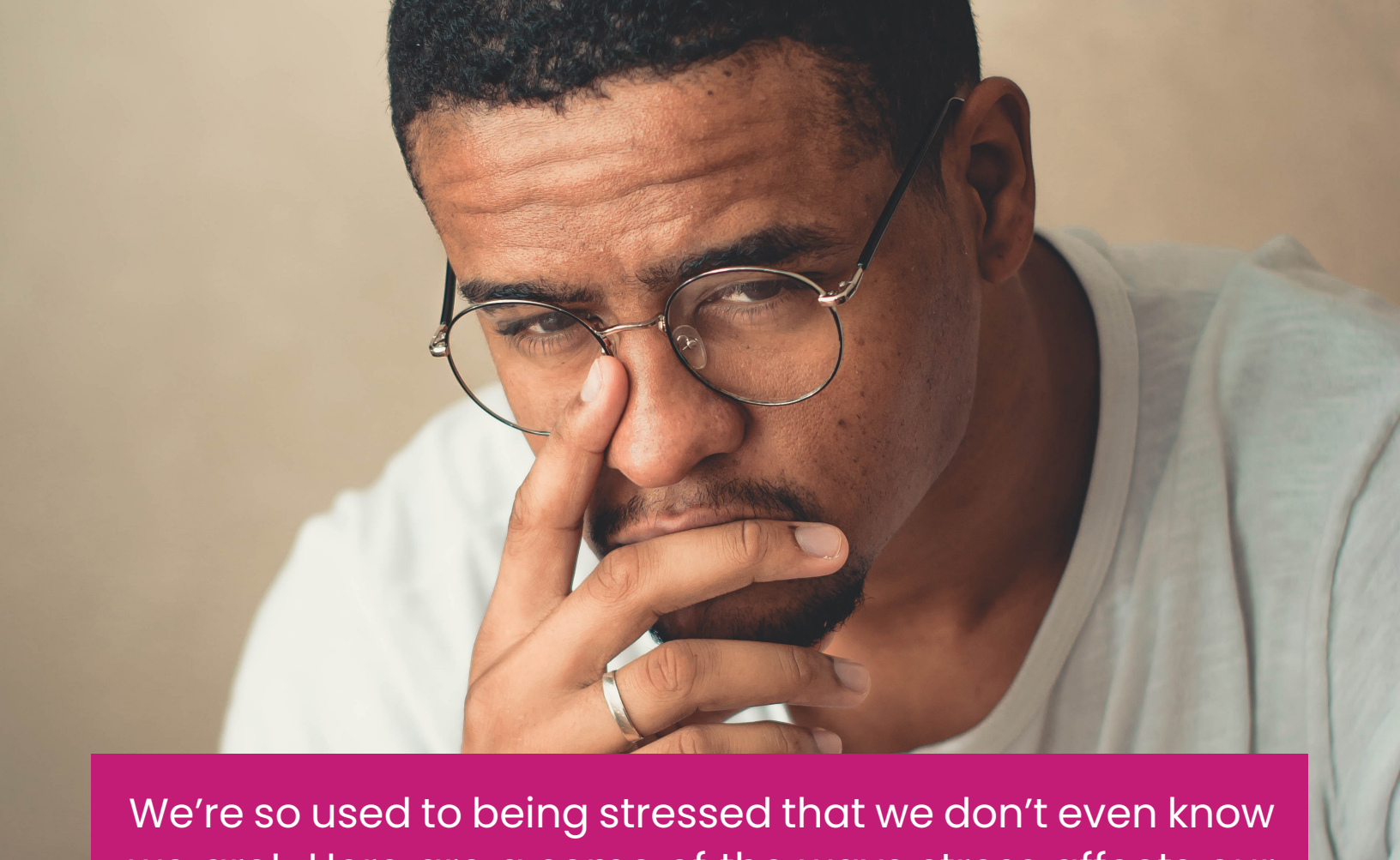
It took a long breath and replied, 'I have
been waiting my whole life for this'"

- Nayyirah Waheed



Pay attention to your body. Be mindful of any stress in your body. According to the Global Organization for Stress:

- 75% of adults report experiencing moderate to high levels of stress
- ½ report that their stress has increased in the past year
- 1 out of 75 people experience panic disorder
- 60%-80% of primary care doctor visits are related to stress, yet only 3% of patients receive stress management help!



We're so used to being stressed that we don't even know we are! Here are a some of the ways stress affects our physical body.

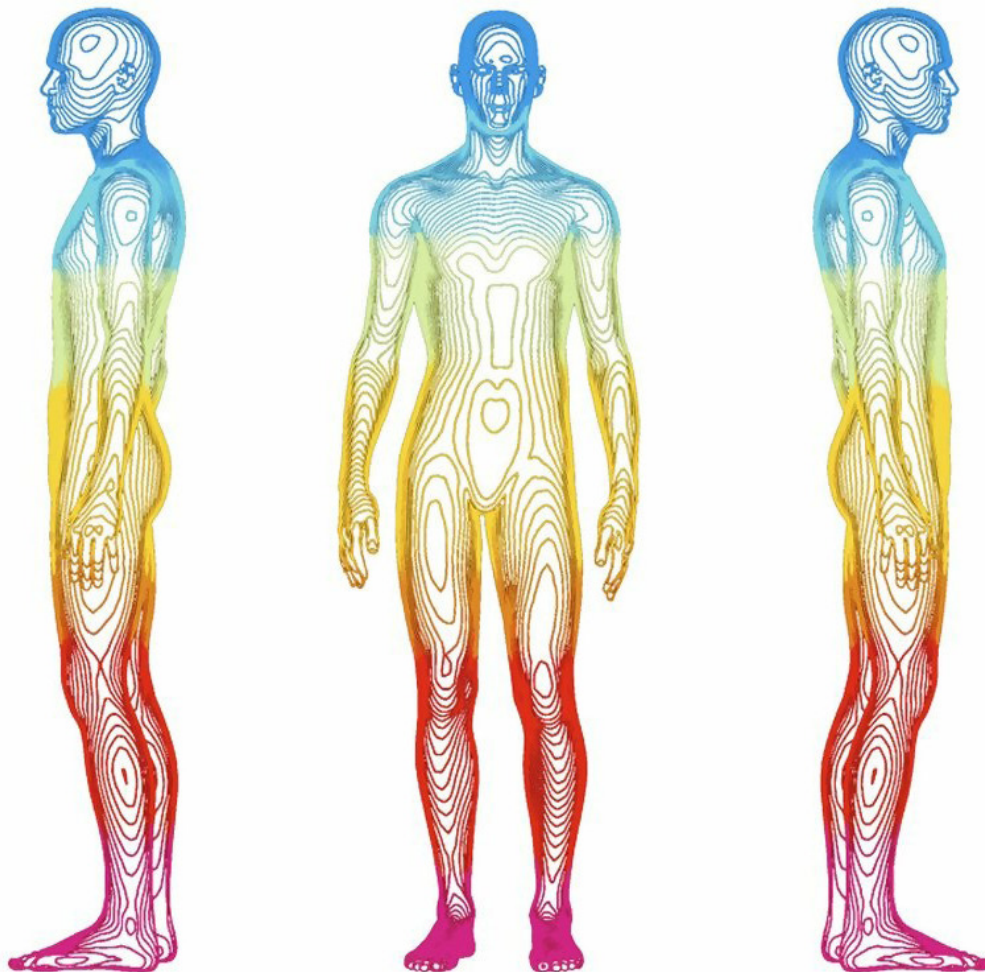
- Shallow breathing
- Back, shoulder, neck or jaw tension/pain
- Increased blood pressure
- Tension or migraine headaches
- Gastrointestinal discomfort/symptoms
- Increased susceptibility to colds, flu, etc.
- Skin rashes
- Cold hands and/ or feet
- General feeling of fatigue

Stress also clouds our thinking and makes it harder to make decisions. It can increase our emotional reactions, impulse, paranoia and fear.

So how do we reduce or manage stress?

The 1st step is awareness – noticing how you're feeling. The opposite of stress is calm... so if you're not feeling calm, you're probably experiencing some level of stress. The key is to notice it as soon as possible then take action!

Stress in the body for extended periods of time can lead to physical symptoms...and in your line of work could be detrimental to your performance; things like: back, knee and leg pain. Wrist and hand issues like carpal tunnel. Inflamed joints in your fingers and elbows and knees.



FULL BODY ASSESSMENT

One easy thing you can do to keep stress under control and keep it from negatively affecting your body is to do a self-body scan. Often!

- Simply close your eyes (if you are in a place that you can). If not, it's okay to do this with your eyes open.
- Begin by focusing on your breath...inhale to the count of 5 and exhale to the count of 5.
- Continue with this rhythm of breathing until it becomes a pattern and you don't have to think about it.
- Then move your attention to your head – scanning for any areas of tightness, discomfort or pain. And just breath into that area- inhale warmth and light- and on the exhale- let go of any tension.
- Pay attention to the area behind your eyes, to your ears, your sinuses, your cheeks, your jaw, your neck, your throat. And when you're ready, continue to move your attention down your body.
- Down to your shoulders- stretch them back to open up the chest area and continue breathing. Roll your shoulders backwards and forwards.
- Then move down to your heart area, then your arms (left and right), your elbows, wrists and fingers... wiggle whatever you can and continue to breath into each area with light and warmth and exhale in any areas where you feel pain or discomfort. Just let it go.
- Now you can move to your stomach area- around your navel then just below.
- Then down to your hips- left and right. Breathing in light and warmth and exhaling letting go of any tightness or tension.
- Then your legs and knees, calves, shins, ankles and feet. Keep breathing...
- Give your feet some special attention- making circle motions with your ankles and wiggling your toes. Even notice the balls and arches of your feet. Stretch them out!
- Just breath into any areas where you feel pain or tightness and release it on your exhale.
- And when you're finished, and when you feel a positive change, send some appreciation to yourself, to your body, to your breath and to your mind. Just say thank you!

Spend as much or as little time as you have doing a body scan- just do it! If you don't have much time, just go straight to the area where you feel tightness- you know where it is. The key is to do this as soon as you feel it!



MORE ABOUT THE BODY...

You can't control everything in your life, but you can control what you put in your body. Ask yourself these questions:

- What am I eating? How am I eating? On the go? Sit down and eat your meal mindfully.
- Do I skip meals and grab snacks instead?
- What (and how much) am I drinking? Keep hydrated with plenty of water
- What am I inhaling? Pay attention to the fumes at work. Are the chemicals having an affect on you? Go outside for fresh air as often as you can.
- Am I getting enough exercise?
- Am I getting enough sleep?
- Am I self-medicating?
- Do you take better care of your car than your body?

If you answered yes to any of those questions, ask yourself why?

What is keeping you from making choices that will help you reach your highest level of success, joy, health and happiness?

Pick even just one of those self-sabotaging behaviors and commit to curbing it.

Try it- It might not be easy... but I promise you can do it if you just choose to! And the benefits will be profound!

If you don't take care of your body, where are you going to live?!



**PAY ATTENTION TO YOUR THOUGHTS.
BE MINDFUL OF THE QUALITY OF YOUR THOUGHTS.**

Ask yourself these questions:

- Am I thinking too much? If so, slow down
- Are my thoughts negative? Do you think of the best possible outcome or worst- case scenario? Avoid drama queens and chronic complainers. Try to limit your time with the “misery loves company” crowd. It’s ok to say, no thanks, to being a receptacle for someone else’s compulsive negativity!
- Am I making judgement? It’s okay to have an opinion, but try to be open to another point of view.
- Right now, is my mind quiet? If not, take a few deep breaths – it will instantly create calm
- Are my thoughts positive and happy? Limit negative news.
- What are you watching, reading, taking part in? Does it feel good? If not, stop doing it!
- How much time am I spending on social media? How does it make me feel? Try to ‘unplug’ for a little while every day.
- How are my thoughts making me feel? Don’t let your mind bully your body!
- Am I fully present? Are you distracted, multi-tasking, checking your phone, thinking about the past, thinking about the future?



SPIRIT

THAT'S YOU! YOUR TRUE SELF. Pay attention to your spirit. Be mindful of what it wants... and what it doesn't want. Feed your Soul with pleasure. joy. happiness. compassion. creativity. hope. optimism.

- Listen to your Intuition- it always knows.
- Get into nature. Stand on the earth.
- Squeeze a blade of grass. Touch the bark of a tree.
- Look into someone's eyes for 10 seconds.
- Laugh. Dance. Sing. Draw. Paint.
- Love yourself - ALL of you...even the messy bits!
- Spend time with friends and family
- Get a massage
- Go for a walk
- Do what makes you happy!
- Keep learning- take classes to get better at your craft.

- Nurture your passion
- Do photoshoots
- Enter student competitions
- Start a Meditation practice - Even if it's only 5 minutes a day!
- Write a book or journal your thoughts
- Create a gratitude practice - Every day write down 5 things you're grateful for. Remember them before you go to sleep at night- they will steer your dreams and kickstart the next day with happiness and grace.
- Be your authentic self
- Forgive- yourself and others who have wronged you.

"Forgive others not because they deserve forgiveness, but because you deserve peace."

–Johnathon Lockwood Huie



Remember... It's hard work to stand behind a chair (or the table) all day and take care of clients. It's takes strength and courage, being grounded and practice.

Ask yourself – Have I done something good for my **body** today?

Ask yourself – Have I done something good for my **mind** today?

Ask yourself – Have I done something good for my **spirit** today?

So what will I do to make it from here...to 'there'? The easiest promises to break are the ones we make to ourselves.

Try some of these practices. Follow the rules. Or don't. Bend them. Play with them. Make your own practice – find the ones that work just right for you, so that you'll WANT to make it a practice, instead of feeling like you 'should'!

Take care of yourself 1st and the rest will take care of itself.

Put on your own oxygen mask 1st and enjoy the journey!

My best wishes to you as you embark on a career in this wonderful, one of a kind industry. If I can be of assistance to you in any way, give me a call.

MEET BOBBI FOSTER-KELLY

A hairstylist by trade, Bobbi has been in the beauty and wellness industry for over 35 years and has been a driving force forward.

Bobbi was a Redken Artist for 15 years, then over the next 20 years served as a team leader in various positions overseeing Education and Training for Redken and Pureology. Her background in this industry and life experiences have provided her with a unique and diverse skill set, allowing her to offer a wide variety of services and personal development programs. In 2010 Bobbi was diagnosed with breast cancer. During treatments, she went weekly for reiki, oncology and cupping massage, acupuncture, guided imagery, reflexology, naturopathic medicine and immersed herself in the world of healing and wellness practices. Her experience was profound and she found reiki to be so beneficial, she studied to become a practitioner. For Bobbi, Mindfulness is More Than Just a Practice It's a Way of Life



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ELITE BEAUTY SOCIETY

For Professionals – By Professionals

Elite Beauty Society is a passionate community of hair stylists and beauty professionals upgrading their career to elite status. Elite Beauty Society began in 2015 as Beauty Insurance Plus, a resource to protect cosmetologists with professional liability coverage. Since then, we have evolved and expanded our brand to offer valuable content to inspire beauty professionals through every stage of their career. Because we believe in the work that you do, Elite Beauty Society still offers professional liability insurance to protect and provide our professionals with the confidence and coverage they need during their career. We want to be there for our customers through the best of times and protect them in the challenging ones.

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