



## Self Care Ideas

NVR parenting believes that it is not an option to not look after ourselves. If we don't look after ourselves we are more harrassed, and less of an anchor.

This includes both parents if there are two in a family.

Self care doesn't need to be long or expensive.

Here are some idea that Megan uses to keep herself grounded and an anchor.

When we self care and celebrate it to our children, our children grow up with self care as an established pattern and that helps them.

Here are a few ideas to get you going.

Let me know how it goes! Does it change any dynamic in your family?  
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Megan runs [Think NVR](https://www.thinknvr.co.uk) and is the Founder of [Hear Their Roar](https://www.heartheirroar.co.uk)  
She is also a foster carer and has had many children and teenagers so far!

Megan has created her own resources for Think NVR and HTR but as a gift here is a compilation of free resources you can use.

# Think NVR

## APPS

### MINDFULNESS

There are lots of free apps. I recommend Calm. I use it so much I purchased a lifetime membership but you can have a free version or a pay yearly version.

[CALM APP](#)

## YOUTUBE

### EXERCISE

I hate exercise, but I try to swim everyday or go on YouTube for some free exercises.

I have a static bike so do Spin on YouTube. But you can find anything,  
10 mins is all you need a day!

## HEALTHY EATING

### FOOD

Too much alcohol and junk food just makes us sluggish and ill.

Again the internet has lots of help and ideas to improve healthy eating.

## FIND YOUR HEART TRIBE

### REAL CHAT

We need to have supporters, friends who will listen without judgement and love us through the hard and the easy.

Find them, they are somewhere!

## CONVINCED THIS WORKS

### AROMATHERAPY

No idea how it works. I think it's wizardry but aromatherapy really calms me. I have a diffuser and I also use lavender and tea tree drops in my bath. [Emma - Neal's Yard Remedies](#)

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# Think NVR

## FILL YOUR MIND

I have spent hours, ok, days .... OK months, doom scrolling social media and always felt rubbish, lost, confused, angry, frustrated, etc.

I always feel inspired and positive and able when I fill my mind with whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy.

We should think about such things for our self care and wellbeing.

You will probably like different things to me, but look through podcasts and see what interests you.

Some are only 10 mins long - listen in the bath, in the car, when at work, when doing housework.

Here is my top list of **PODCASTS**

BRENE BROWN - UNLOCKING US

BOB GOFF - DREAM BIG

ADAM GRANT - WORK LIFE

SIMON SINEK - A LITTLE BIT OF OPTIMISM

Here's my top list of **INSTAGRAM**

MARIA SHRIVER - Instagram

GLENNON DOYLE - Instagram

ABBY WAMBACH - Instagram