



Self Care for Expats

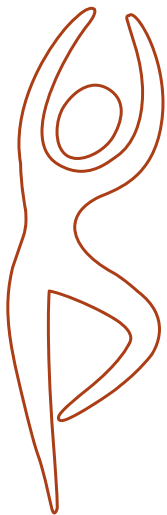
Combat culture fatigue without spending a dime



*"Self Care" simply means doing the things that maintain your health. Identify **what rejuvenates you**, what lifts your spirits, what shifts your mood, what makes you feel satisfied ... and then **interject** those things in **small doses** regularly.*

Many of the options below were suggested by expats "in the trenches" ... their own tried-and-true methods.

--> Move Your Body



Movement literally breaks up the stuck places and washes the toxins away.

What do you enjoy?

- Go for a walk
- Hiking
- Jogging or Running
- High Intensity Interval Training
- Go for a bike ride
- Yoga



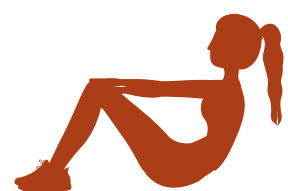
At home... Outside... In the park... Through my city.

"Helps me reconnect with my surroundings and relax."

"Speed up the walking and you'll start to feel better."



"Helps boost my mood and be more at ease."





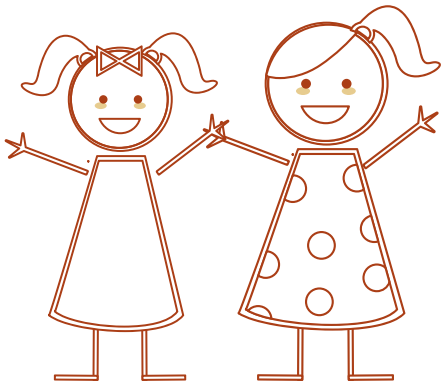
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What makes you feel alive? What brings you back to yourself?

"When feeling a bit blue, I need people."



"Talking to my BFFs is therapeutic!"

--> Socialize

In person... Online (video chat)... At a cafe...
Doing an activity.

Being with others shifts our perspective.

What works for you?

- Meet with a new friend
- Chat with an old friend
- Volunteer some time
- Find a group of people who enjoy doing the same thing.



"I want to have conversation that doesn't require filters."

--> Sensory experiences



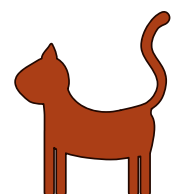
Our senses are powerful connectors!

Take advantage of the huge role of scent in emotions, and the power of touch.



- Essential oils
- Light a scented candle
- Snuggle a pet (yours or someone else's)
- Create visual space by tidying up / decluttering a room
- Weeding or tidying up the garden

"I like spending time with my rescue dogs, or feeding the street dogs."





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What makes you feel relaxed ... calm ... renewed?



--> Connect with Nature

- Sit in the grass
- Bask in the sunshine
- Find some trees
- Sit in nature in silence; let anything negative go out
- Go to the beach
- Look at the mountains
- Watch the wildlife in my garden

"Having some water to look at is even better."

"I go for a walk along the river or through the park, feeding the local ducks."



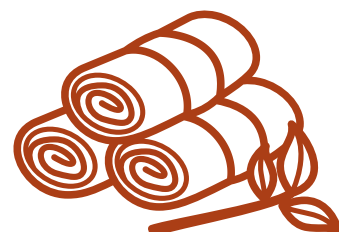
--> Spa

It doesn't have to take a lot of money to pamper yourself.

- Hot bath
- Himalayan salt baths
- Essential oils
- Nail serum or strengthener in nude or color
- Massage
- Sauna
- Facials and beauty treatments (using Groupon)

"Essential oils help me feel more grounded. Scent plays a huge part in emotions."

"Giving my nails attention is easy, quick, affordable, and gives immediate results!"





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What makes you feel satisfied ... fulfilled ... renewed ... in love with life?

*"I try to do my best in everything;
then I'm not anxious about my work."*

--> Spiritual Practices and Mindfulness

There are many ways to center & re-center.

- Breathe
- Yoga
- Meditation
- Prayer
- Gratitude practice
- Give positive affirmations to others (makes you feel good too)
- Remind myself, "This too shall pass"
- People watching
- Sketching what I see



In the car... At the office... Look out my window... Watch people in my city.

"It's like a refreshing, hard reset for mind and body."



"I go for a walk and look at the people [the way they're walking, interacting, crossing a street... do they wait for the green light or not?] and how traffic moves, etc.; it helps me understand the new culture I'm in."

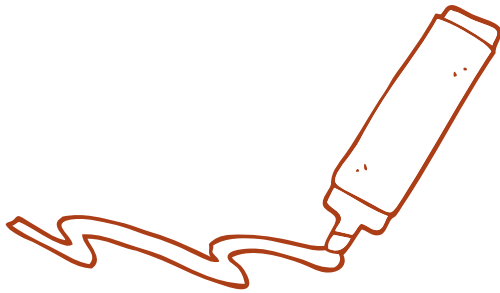


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What made you happy as a kid? Do that. It brings back so much joy!!

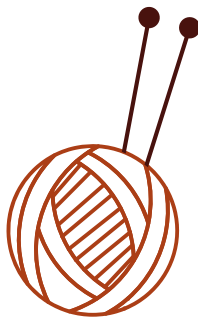


--> Create something!

Get into your right brain. Use your imagination to visualize. **Feel you have agency.**

Rekindle old hobbies or build new skills:

"Creating makes me happy."



- Writing
- Painting (Adobe Fresco on the iPad is more affordable than real canvas & paint)
- Sewing
- Knitting
- Baking
- Try a new recipe
- Photography
- Learn something new that interests me
- Improve the languages you speak



"It's a good way to focus and reset."



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What makes you smile? ... laugh? ... What feels therapeutic?

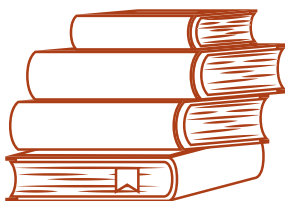


--> Enjoy your surroundings

- Find a bookshop or coffeeshop and treat yourself with a nice cup of hot chocolate
- Spend time in a park
- Bask in the sun
- Sit at a cafe or favorite coffee shop
- Good read with a cup of tea
- Fix coffee and savor it, the first half hour of the day
- Drink a hot drink outside



"I look out to my garden and marvel at the everyday happiness of birds fining food, having a bath in a puddle, and try to spy the hedgehog hibernating."



"I like going to the library. It gets me out, gives me fresh air, and I get to pick out free books in a calm environment."

"Walking around old buildings in your city can tell you more about a country and its cultural history."





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What boosts your mood? What lifts your spirits? What makes you feel excited?

--> Music

Be instantly transported!

- Create a playlist of your favorite mood-boosting music
- Relaxing, positive songs
- Songs that make you dance or move
- Music that is cathartic
- Play / practice your instrument
- Sing out loud



"Headphones. Lizzo. Full blast."

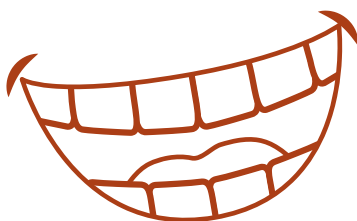


"Laughter is the best medicine."



--> Laughter

- Have a laughing contest, tickle fest, or family snuggle pile
- Smile at yourself in the mirror
- Watch a comedy routine
- Play a game that makes you laugh





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What helps you feel grounded? What helps you feel secure?

"A morning routine can give more energy, happiness and positive mind."

--> Rituals

- Maintain daily routines
- Thankfulness practices
- Light candles
- Journaling / Writing your thoughts
- Look at photographs to remember roots and create feeling of continuity
- **Schedule in hours of laziness** with nothing to do and nowhere to be, giving yourself permission to do whatever you want (including watch TV)
- Write down anything you're having a hard time letting go of, and then destroy the paper (Tear it up & throw away. Burn it. Let it go on flowing water like a spring or river.)

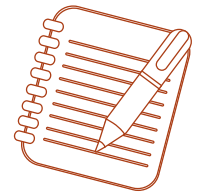


Example morning routine:

Wake up... Drink warm water... Exercise... Read... Smile in the mirror & compliment yourself... Visualize the day... Breakfast

"When I write things down I realize it's not as bad as it seems."

Thankfulness



Every night, write a few things you're thankful for in this day.

Every night, tell someone else 5 things you did today that were a success, whether very small, very big, or somewhere in between.

"Lighting candles makes me feel safe. Scented candles trigger happiness and joy (smell does wonders)."



"I'm creating a 'Today I'm thankful for...' jar. Every night, I let go of the negative and write down the positive. I'll keep them to read at the end of the year."



*I'm so glad
you're here.*

*I'm Kim Adams --
I'm on a mission to
raise a healthier
generation of Third
Culture Kids ... and the
parents who raise them!
I look forward to getting
to know you.*

XXX



*I know expat life is amazing, but not always easy. I've been there.
And I love sharing what I've learned along the way.*

I believe we're stronger together. So let's join forces:

- > Make the most of your journey*
- > Avoid the pitfalls + claim all the benefits of living in another culture*
- > Build emotional skills for a strong family unit*
- > Engage kids through right brain activities*
- > Feel prepared for what's about to come***

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