



*the*  
**VEGAN RESET**

**WEEK THREE: LIFESTYLE  
DAY TWENTY:  
PUTTING YOURSELF FIRST**

# *putting yourself first*

The instructions on every airplane flight suggests that we put our face masks on before aiding our children. We can understand why; what help are we if we are unwell.

Self-care is so much more than a hashtag or modern-day buzz word. It is the base in which the notion of global harmony, healing, and unity spring from. If you do not put yourself first, you cannot adequately help others. It is neither selfish nor cruel, but rather imperative.

## Know your Boundaries

Before interacting with the world, you should have taken time with yourself to become aware of what your personal boundaries are. Do you hug strangers or simply shake hands? Does loud company ruffle your feathers or make you feel alive? Do you need to step away from a hostile argument to gather your thoughts first before continuing or are you one that needs to stay in it, stay in that mess until it becomes cleared up? These are things we should all know about ourselves before entering the world, before meeting more people....before having children.

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Know What You're Willing to Compromise...And What You're Not

We are all fantastically unique. It is impossible to have human relationships where no one has to compromise. The important factor is knowing what you're willing to compromise and what your not before getting into romantic relationships or friendships. This is also why people say you need to know yourself before getting into a relationship. Take time to be solo and become clear with what's important to you. Get clear with how you see the world and your vision for your future.

Know what safe community looks like in your head and only then can you manifest it outwardly.

Be An Advocate for your Own Health

What this means is pay attention and speak up when you need a break, when you need rest, when you need to see a medical professional AND when to question medical advice and recommendations. If something seems unsettling, due your due diligence and research it. Learn more. If you don't speak up for yourself, who will?

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## Schedule Time to Unwind

There is nothing lazy about relaxing. It is a necessary practice especially more than ever in this hectic crazy world.

There are a multitude of techniques that can be utilized:

1. Dancing,
2. Bathing,
3. Massage,
4. Deep Breathing,
5. Meditation,
6. Yoga,
7. Movies,
8. Music, and more.

But it's less about what you do and more about prioritizing yourself. Even for the busiest individuals, here are some places you can find 5 - 10 minutes for breathing exercises and meditative practices:

1. 5 minutes in bed after alarm goes off
2. When you lay in bed to go to sleep
3. If you take a train or bus to work or home
4. While in the shower