



How to Master Self-care

FOR BURNOUT

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MEET DR. LULU SHIMEK

Hi! It's wonderful to meet you.

I'm Dr. LuLu Shimek

I'm a Naturopathic Physician and expert in genetic health, working with patients experiencing chronic disease: hormonal imbalance, endocrine disorders, gastrointestinal dysfunction, depression, anxiety, and fatigue. I believe that once we dive deep down to the root of the problem of the distortion and ignite our body's innate ability to heal, we see unimaginable changes in our well-being.

My passion lies in helping people discover their zest and joy for life that has been lost along their path of illness. Before starting Dr. LuLu Naturopathic Clinic, I journeyed through many careers, a true "renaissance woman." I studied interior design at the University of Georgia and have a doctorate from the prestigious Bastyr University. I also am an herbal formulator, international speaker and author spreading the message of health and educating about prevention and wellbeing. Check out my new book - [*Detox Nourish Activate: Plant & Vibrational Medicine for Energy, Mood and Love.*](#) My podcast, *The Genetic Genius*, is dedicated to genomics and planetary alternative health. Her new book will focus on using botanical medicine and other natural modalities to heal the whole body by optimizing vitality, increasing wellbeing, and enhancing cellular performance.

I facilitate ceremonies to activate plant and mineral medicine connecting points around the world to elevate planetary consciousness and community. As the botanical medicine director, at the Veterans Healing Farm, I can share my expertise with the veteran community about using plants to help heal and elevate their lives. I am invigorated by traveling and seeing the world with my husband visiting botanical gardens and anything related to delicious food.

SELF-CARE SUNDAY: DEDICATE ONE DAY EACH WEEK TO YOURSELF

Self-care has transformed a lot over the last few years. It began as a way to encourage people to do more for themselves, which is amazing. But somewhere along the way, it became something people felt like they were forced to do.

If you are feeling a little overwhelmed with this idea of the perfect self-care routine, it's time to take a step back. Instead of focusing on having to fit it into your daily life, why not just start one day a week?

Why do Self-Care on Sunday?

Sunday is actually the perfect day to dedicate to yourself, since it is often already a day of rest for many people. You are winding down after a fun weekend, and likely getting ready for a new week to begin. Take advantage of the downtime by adding some self-care activities to your routine.

1. SETTING UP YOUR WEEKLY SELF-CARE ROUTINE

First thing's first – figure out what your routine is going to be on Sunday. Don't forget that self-care doesn't have to be done alone, so if you have a busy house on Sundays, you can still do this!

What you want to do is focus on your self-care on Sundays, whether that means an hour during the day, or changing the entire routine for the day.

Think of Sundays like a reset day. When you not only get your planning done for the week, but you give yourself some time to relax and unwind, reset your body and your mind for another busy week.

How is it Different from Daily Self-Care?

To put it simply, it's not. You still want to choose activities that help you to relax, are good for your body and mind, and overall wellness. But you might have a little more free time on Sundays, so you won't feel as pressured to fit it all in before or after work, or during your bedtime routine.

Sundays opens up new possibilities for self-care, whether you do it alone or with family.

Think About Your Current Sunday Routine

In order to turn Sunday into your weekly self-care day, you need to consider what you tend to do on Sundays. This self-reflection helps you determine if these are things that can only be done on Sundays, or can be moved to another day to give you more time for yourself.

Make a list of things you do every Sunday first. Then look at your list, and cross off anything that isn't really necessary or might no longer be serving you. With what is left, determine if any of those activities can be moved to Saturday.

For example, if you do a lot of cleaning and chores on Sundays, could they be moved to other days during the week, freeing up a bit more self-care time for you?

2. IDEAS FOR SUNDAY SELF-CARE ACTIVITIES

The good news is that self-care on Sunday is pretty much the same as what you would do any other day of the week. It is more about dedicating a day to yourself each week, especially if you don't have much time during the week to really focus on you.

Here are some activities that can be great to do on Sundays:

Let yourself sleep in – If you don't get to sleep in during the rest of the week, at the very least give yourself this time on Sundays! Your body (and mind) needs the rest.

Go to brunch with friends – Self-care can also mean doing something you enjoy with other people. Grab a group of friends on Sunday to go to brunch.

Head to a park or the beach with your kids – You can also enjoy more time with your kids without cell phones and TV. Go outside to enjoy the fresh air and exercise. Ride bicycles around your neighborhood, have a beach day, or do a picnic at the park.

Have an hour of pampering – You might not be able to dedicate the entire day just to self-care, but at least fit in some pampering time.

Catch up on your reading or creative projects – This is the perfect time to pick activities you enjoy, but rarely have time for. Maybe there is a book you have been wanting to finish or a creative project you would love to do.

Get ready for the week – Self-care can also mean just giving yourself time to really reset and prepare for the week ahead.

3. SELF-CARE FOR INTROVERTS AND EXTROVERTS

Something to keep in mind is that what you consider self-care might change depending on if you are more of an introverted or extroverted person.

Self-Care for Introverts

If you are an introvert, you probably find that you are the most relaxed when you are alone. This doesn't mean you want to be or should be alone all the time, but that you often need a little bit of time to yourself each day to recharge and gain your composure.

Have Quiet Solitude on Sunday - Self-care for an introvert can be as simple as just making sure you have some alone, quiet time on Sundays. You need this time to yourself to regroup and relax. It can be really hard when you go all day around other people and never give yourself this time.

Find Nature-Inspired Activities - Introverts also tend to enjoy time outdoors, again in a quiet and peaceful environment. Try to find some activities you can participate in that will encourage you to spend more time outside.

Embrace Your Creative Side - An amazing way to practice self-care as an introvert is to do something creative. Learn how to crochet, write a poem or short story, color in an adult coloring book, or start painting.

Self-Care for Extroverts

Extroverts are more social creatures, getting their energy from being around other people. If you consider yourself an extrovert, you probably enjoy time with others more than time alone. But what does that mean for your self-care routine? Here are some tips for practicing self-care when you are an extrovert.

Enjoy Social Time with Friends - What might be a little more up your alley is scheduling in time with friends. What better way to practice self-care than spend time with those you love the most?

Volunteer Your Time - Looking for something more meaningful and fulfilling? You might like to volunteer somewhere as your self-care. Look into local community centers or animal shelters that are open on Sunday and see if they need any help.

Join a Local Club - Another social activity that helps with your self-care is joining a local club, like a book club. Not only will you be encouraged to read more, but you can get together once a week with your book club to chat and talk about the book.

4. TIPS FOR YOUR SUNDAY SELF-CARE ROUTINE

Here are a few more tips for making sure you have a good Sunday self-care routine, and really understand what self-care means and how to avoid the common mistakes.

It Encompasses Emotional, Mental, and Physical Health

Self-care does not fulfill just one need in your life. Different activities provoke different benefits in your life, including helping with your emotional, mental, and physical health.

What works best for you is going to be something that helps you feel relaxed, de-stressed, improves your mood, and is something you absolutely love to do.

Your Self-Care Needs Can Change Regularly

Just because you have committed to writing in your journal and meditating every morning for an hour as your self-care routine, doesn't mean you have to do this forever. Sometimes, what you choose as your self-care activity changes, or you need to make adjustments based on your schedule.

Revisit what you are doing for self-care often. As your life and the seasons change, so will your self-care and what is actually going to benefit you the most.

A Common Mistake is Forcing Your Self-Care

This can't be said enough – your self-care routine should not make you more stressed! This is a sign that you are forcing yourself to do something you don't want to do and that is doing nothing for you.

It might be because your friend is participating in this form of self-care, or you read that it is a good idea. But remember everyone is different and everyone is going to benefit from different things.

READY TO TAKE YOUR HEALTH TO THE NEXT LEVEL?

Think about how amazing your body, mind and spirit could feel with even more nourishing food and healthy habits.

If you're ready to love the body you're in and feel better than you have in years, it's time to try my proven system. It's worked for me and countless clients, and I know it will work for you, too.

Are you ready to dive deeper into a mindset program that takes your health, life, and energy to the next level?

Join me for my DIY 5 week [MINDEST RESET COURSE](#) for only \$33!

Use coupon code [MINDSETRESET](#)

What we will cover in this 5 week course:

1. The Effects of Stress on the Mind & Body
2. Daily Habits & Changes to Relieve Stress
3. Stress Relief Through Mindful Changes
4. Journaling & Self-Care
5. Natural Remedies for Stress Relief

What you will Receive with the course:

1. 5 Weekly Modules to Reset and Restore your body
2. A weekly guide with tips and tools to de-stress
3. A weekly video from your expert guide, Dr. LuLu
4. Weekly meditation videos to tune in to your higher self and soul.
5. Gratitude Journal (Ebook)

HERE'S WHAT OTHERS ARE SAYING ABOUT WORKING WITH ME

Dr LuLu empowered me to take control of my own health to find ways to treat root cause. She opened my eyes to other options to healing, balancing and thriving--- healthier and more bio-individual approaches to wellness. - Julie W

I have known Dr LuLu since she first came to Asheville. I liked her as soon as I met her. My father came to live out his last days with me and Dr LuLu was part of my self-care team. I would not have made it through such a rough time without her. I was so stressed from no sleep, the stress of caring for a dying parent. The herbs for rest were like gold for my soul. Her kind and encouraging words and she kept checking up on me. I never felt alone. All I had to do was ask and Dr Lulu was there for me. I would recommend her to anyone. She walks her talk. - Sandra G

CONNECT WITH ME

Need more help getting started?

[Book an appointment with Dr. LuLu](#)

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[For more health tips check out the blog!](#)

A LOVING DISCLAIMER

Drawing on my background, training, skills, and life experiences, I support my patients—spiritually, mentally, emotionally, and physically. I am a medical doctor and hold a degree in medicine and functional medicine.

This content is not intended to diagnose or treat any diseases.

It is intended to be provided for informational, educational, and self-empowerment purposes ONLY.

Please consult with your doctor or wellness team if you have any questions regarding this information, and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

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PLEASE NOTE: All contents within this guide are based on my professional knowledge, opinions, and experience as naturopathic physician. Please consult your doctor regarding medications or medical advice.