

MAY 2020

10 PILLARS OF SELF- LOVE DURING TIMES OF COVID-19

The Official Newsletter of Heal With Giuliana Melo



THIS GUIDE IS TO HELP YOU.

I HOPE THAT YOU FEEL GUIDED TO USE THIS AS A ROADMAP TO CREATE A DAILY SPIRITUAL PRACTICE FOR YOURSELF. I AM AVAILABLE FOR PHONE, EMAIL OR VIDEO MENTORING.

10 Pillars of Self-Love

1. REST, RESET, RELAXING,-
baths, massage, watch a
movie, read, take a walk,
doing things that relax you.
2. Mind Care- reflecting by
journaling, setting goals and
intentions, gratitude as a
practice, organizing your
thoughts, writing down your
thoughts feelings and
emotions.

3. Meditation- yoga nidra, guided meditation, silent meditation, sound baths, grounding work, walking meditations

4. Physical wellness- nourishment, eating healthy, drinking good water, taking supplements

5. SLEEP- sleep routine- cozy and comfortable space

6. Connecting with nature-
being outside, connection
with trees, plants and
animals. Swimming in the
river, lake or ocean, using
essential oils

7. Physical wellness- Body
care
doing your yoga, moving
your body, seeing a doctor
or naturopath, takings
supplements

8. Being creative and expressing oneself
colouring, writing, singing,
dancing, playing music

9. Connection with friends,
family and community-
physically distanced and
safely. Staying in touch via
email, phone, video, mail
and social media.

10. Connection to God,
Universe, Source, Creator
prayer, calling in our angels,
guides and loved ones to
help us. Reading angel cards.

readings available for a
donation.

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