

New Year Nourishment

With specialist sibling life coach, Charlotte Flynn
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1. **Sibling self-care is important.** We're used to coming second (or third, or fourth...) the needs of another person. Making space to recognise and reflect on our own needs is vital for us more than most.
2. **Consider four different areas of your life:** Social connection; movement and nutrition; physical environment; sleep/rest/relaxation/breathing. Looking at each area, think about what's working for you right now. What's bringing you comfort? Rather than thinking about what you can take away or cut down on (as we often do in January), consider what you can add in that would feel nourishing for you.
3. **Think about your roles in life** as a friend, partner, sibling, teacher, parent, musician, comedian ...and more! Focus on a role that's important to you and the legacy you want to leave behind in that role. What non-negotiable self-care would help you to move closer to that?
4. **Siblings are used to juggling multiple roles and responsibilities,** so go easy on yourself when making changes around your self-care and pick one thing (not fifteen) that you can do to better support yourself going forward.
5. **Guilt will creep in.** This is normal (and unwarranted) for siblings. Return to the lists you made and remind yourself why this is important. You deserve this in your own right, you are always the priority. However, if you need a second reason, remember that when you are more nourished you're in a better position to support others too.

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