

# 4 SELF CARE TIPS

with Aran Bright from Bright Health Training.



**BrightHealthTraining**  
CPE for Remedial Massage Therapists

In today's minisode episode, we spoke with Aran Bright from Bright Health Training about his 4 top tips for taking care of yourself and how you can take these tips and apply them to your client.

## LOOK AFTER YOU

You have to prioritise taking care of yourself is really important. You need to remember to put your oxygen mask on first.

## FOCUS ON THE OUT

Breathing out is great. The in breath might not be that important, but focusing on the out, for 3 seconds can help bring you back to the present moment.

## INTEROCEPTION

Take a few minutes, as you breath, go inward. Look at where your tense, what muscles are holding yourself, how does your belly feel? How do our shoulders feel? Start to go deep.

## BACK TO BASICS

Push up  
Plank  
Squat  
Dead lift.

## INTEROCEPTION PUSH UP PRACTICAL

The interoception push up is a little bit different. It's a way to go inside the movements you're doing and bring about an internal focus. this is not about how many pushups you can smash out. It's about listening to and having a conversation with your body.

Find a corner and perform a push up that has a relative ease to it. feel how your body acts in the down motion, is it stable and strong? Do you find some shakiness in one side? Do you have to have your hands in different positions?

Don't get stuck in being "corrective" just feel where your body naturally wants to go, this will give you the opportunity to figure out how best to strengthen your body without the judgment of being "corrected".