



Amy Olesh
Founder and Guide

Taking care of yourself is not selfish — it's critical to your mental, physical, and emotional well-being.

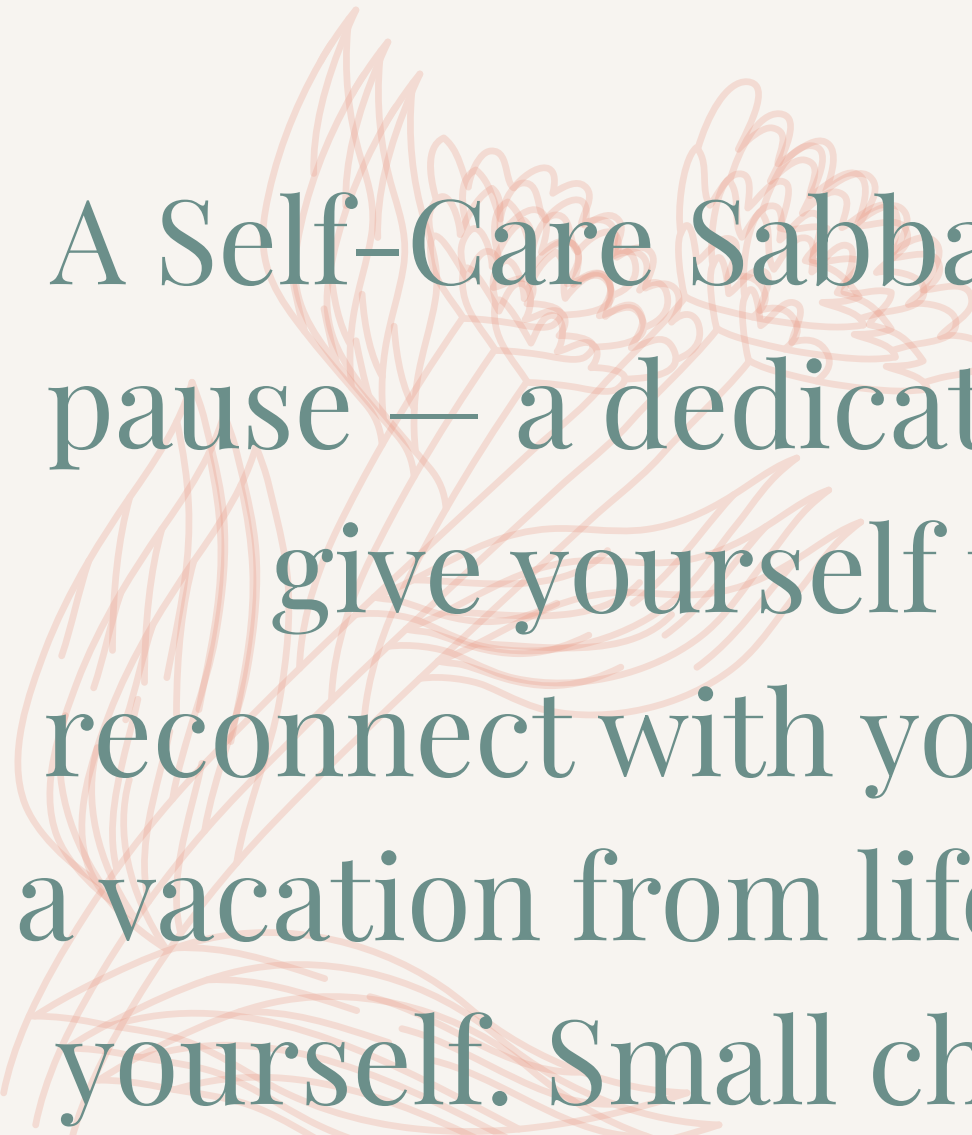
Women tend to spend their lives taking care of everyone else, which often means putting our own needs last. I'm here to tell you that there is another way to approach life that will lead to improved health, better relationships, and more happiness.

**Loving Yourself Is
Not Selfish**

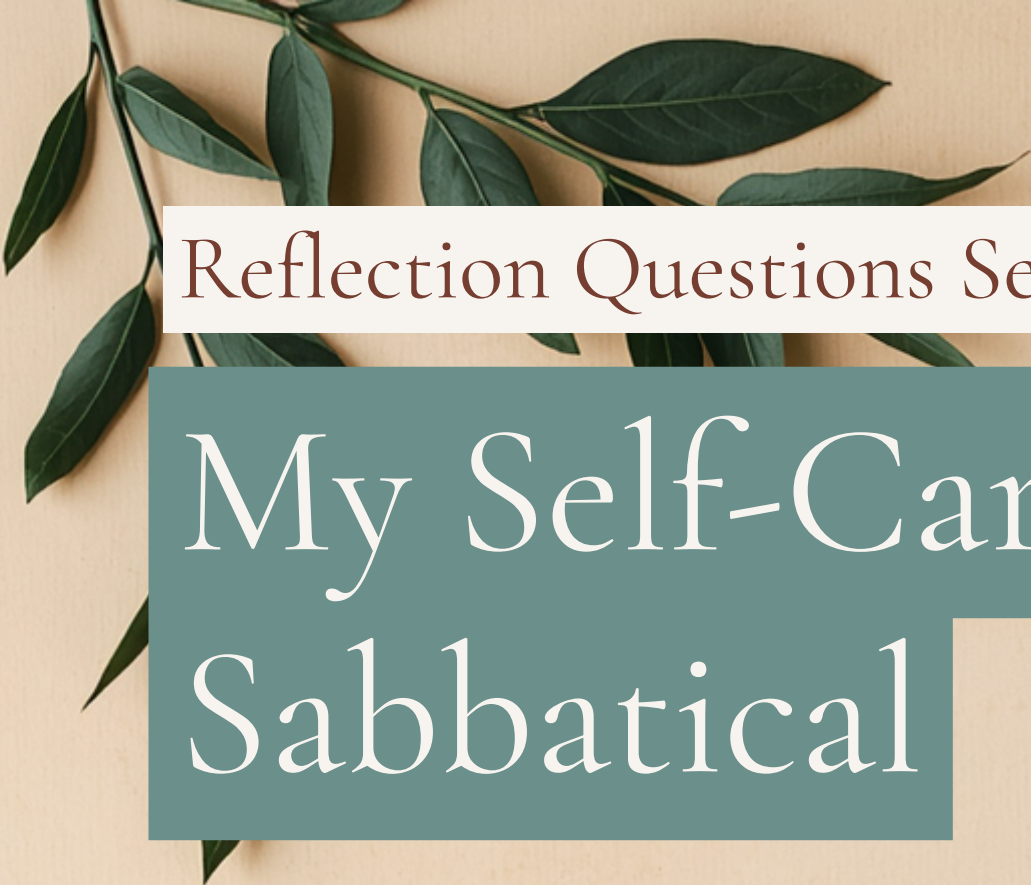
This isn't about doing more;
it's about exhaling

Ask yourself:

- When was the last time I felt truly rested?
- What am I releasing by taking this pause?
- What do I want to carry forward when I return?



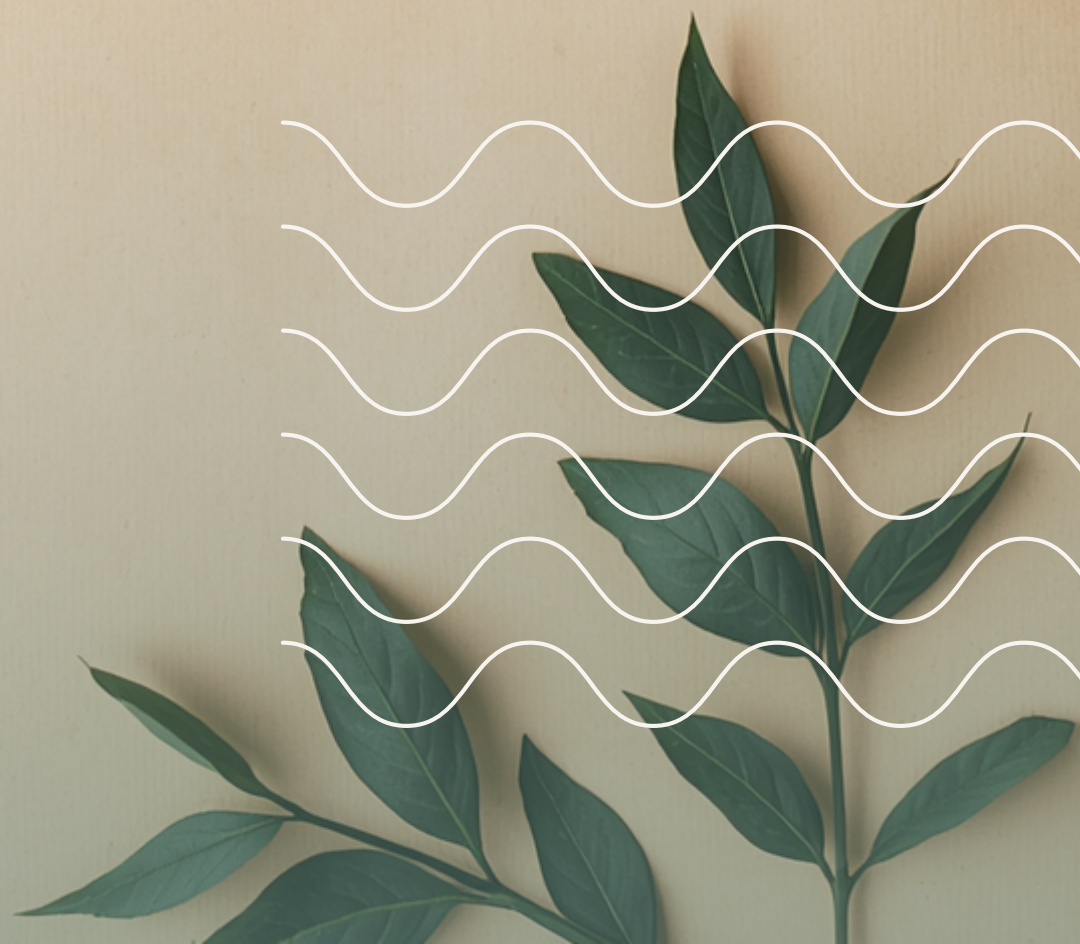
A Self-Care Sabbatical is an intentional pause — a dedicated period of time you give yourself to rest, reset, and reconnect with your own needs. It's not a vacation from life; it's an investment in yourself. Small changes can make a big

A green leafy branch is positioned in the top left corner of the page, extending diagonally towards the center.

Reflection Questions Series

My Self-Care Sabbatical

Take a quiet moment
with these thoughtful
questions to enhance
your self-awareness.



Mood Shifters



Things that shift my mood in daily life



My Self-Care
Sabbatical



Reflect on your self-care journey,
discover your personal energy boosters



Energy Boosters

Discover ways to nurture
your soul daily through self-
care practices.



Embrace your journey to
wellness

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Reflect on what drains you
and what restores you for
personal growth.



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wellness

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