The Institute of Chartered Accountants of India

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Women & Young Members Excellence Committee

Organises

SkillUp Knowledge Webinar Series



CA. Purushottam H. Khandelwal
Chairman, WYMEC, ICAI



CA. Sripriya Kumar
Vice Chairperson, WYMEC, ICAI

ICAI WOMEN EXCELLENCE WEBINAR

BEST SELF-CARE PLAN FOR MANAGING STRESS

Protect your energy. Nurture yourself. Build a more balanced life.

CA KHUSHBOO REENGUSIA

Chartered Accountant • Functional Nutritionist • Divine Life Designer Coach

CA Khushboo Reengusia

A professional journey rooted in finance, well-being and women's transformation

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DIVINE LIFE
BY KHUSHBOO

Chartered Accountant

Partner at SPRD & Co.

Functional Nutritionist

A whole-person view of well-being.

Business Operations

Finance and operations at Om Specialty Chemicals.

Divine Life Designer Coach

Supporting women's growth, parenting and personal transformation.

"We cannot continuously give from a place of depletion."

Self-care comes before stress management

Strengthen the person experiencing stress—not just the response to stress.

BODY

Nourishment, sleep, movement

MIND

Rest, focus, mental space

EMOTIONS

Awareness, expression, support

INNER LIFE

Meaning, values, spiritual connection

Don’t wait until you are exhausted to start taking care of yourself.

Self-care vs. self-indulgence

The difference is not pleasure—it is intention, context and consequences.

SELF-CARE

- Supports well-being and long-term capacity
- Rest, nourishment and movement
- Boundaries and asking for support
- Pleasure chosen consciously

SELF-INDULGENCE

- May prioritise immediate comfort
- Can become avoidance when repeated
- May ignore longer-term consequences
- Worth reviewing when it undermines your goals

Ask: Is this restoring me, or helping me avoid something?

Your personal energy audit

Write down at least five energy givers and five energy takers.

ENERGY GIVERS +

What restores or inspires me?

1. _____
2. _____
3. _____
4. _____
5. _____

ENERGY TAKERS −

What drains or depletes me?

1. _____
2. _____
3. _____
4. _____
5. _____

My one change this week: reduce, simplify, share or delegate one energy taker.

Start with your body

Simple foundations support your capacity to meet daily demands.

01 NOURISH

Eat balanced, nourishing meals.

Hydrate regularly.

Avoid routinely skipping meals.

02 REST

Protect your sleep routine.

Create a calmer wind-down.

Treat rest as a real need.

03 MOVE

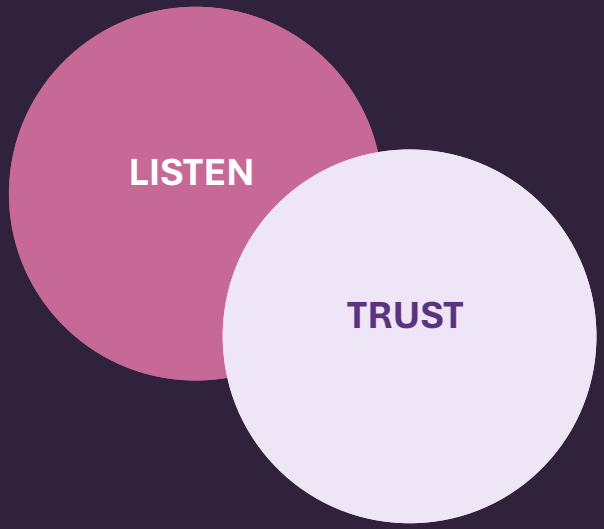
Build a regular movement ritual.

Walk, stretch, dance or do safe activity you enjoy.

Your body is not a machine that can run indefinitely without care.

Create a safe space: call a friend

Not every conversation needs a solution.



Look for someone who...

- Listens without immediately correcting you
- Respects your privacy and boundaries
- Lets you be yourself
- Can share a conversation that refreshes you

"Today, I don't need solutions. I just need you to listen."

Delegate what drains you

Keep your energy for the work only you can do.

ASK BEFORE YOU TAKE IT ON

01 **Is this mine to do?**

02 **Can someone else do it adequately?**

03 **Can I simplify or eliminate it?**

04 **Where is my personal contribution most valuable?**

A REAL-LIFE EXAMPLE

Delegate household tasks like ironing, dusting or meal prep to create more time for quality time with children and higher-value work.

Delegation is intentional distribution—not passing an unfair burden to someone else.

Pamper yourself without guilt

Put one small restorative activity in your calendar this week.

PAUSE

Coffee outing or a peaceful walk

RESTORE

Manicure, hair spa or massage

PLAY

Dance, cook, read or enjoy a hobby

RECONNECT

Music, prayer or quiet time alone

You are also someone who deserves time, attention and care.

Time management is energy management

Do not give every task equal access to your time.

01

PRIORITISE

Separate urgent from important.

02

SCHEDULE

Put self-care in your calendar.

03

DELEGATE

Reduce low-value tasks.

04

SET BOUNDARIES

Say no when a commitment does not fit.

Rest, recreation and relationships are not wasted time.

Your self-care foundation

Four pillars that help you build a more sustainable response to stress.

BODY

Nourish • Rest • Move

ENERGY

Notice • Protect • Replenish

CONNECTION

Trust • Share • Receive support

TIME

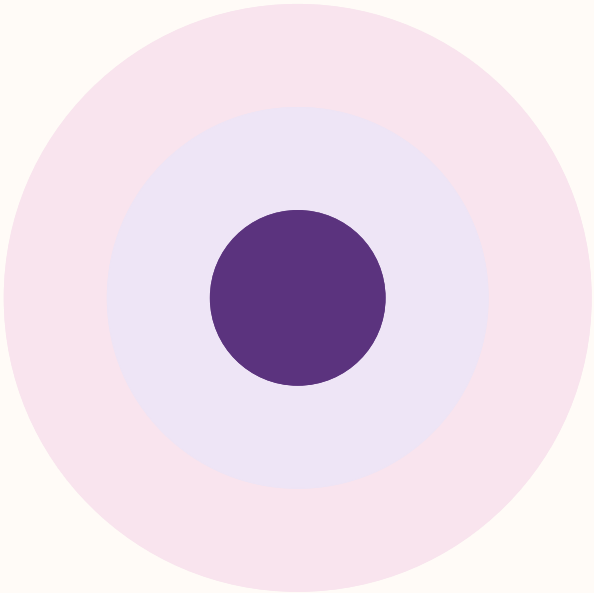
Prioritise • Delegate • Restore

This will not make life stress-free. It can help you meet life with a stronger foundation.

Next webinar: practical techniques for managing stress

Make yourself a priority

One habit. One week. A more intentional relationship with yourself.



MY SELF-CARE HABIT TRACKER

FROM DIVINE LIFE BY KHUSHBOO

Track your effort—not your perfection.

For the next 7 days, choose one small act of care and notice what changes.

"Take care of yourself first—and from that foundation, learn to manage your stress."