

MY SELF CARE PACK



YOU GLOW DIFFERENTLY WHEN



Prioritise your physical, emotional, mental and spiritual wellbeing

Start using healthy boundaries

Choose self-compassion and move away from comparing yourself to others.

Take time to yourself to work on what makes you feel more aligned.

By keeping close the relationships of those that matter the most

Make time for the people and things you love

Stop expecting too much of yourself and work towards silencing the inner critic

Practise Sleep Hygiene

Have a daily routine that includes exercise, time for you and self reflection

MY SELF-CARE NEEDS

PHYSICAL CARE

EMOTIONAL CARE

SOCIAL NEEDS

INTELLECTUAL NEEDS

SPIRITUAL NEEDS

MY ENVIRONMENT

LEARNIING POINTS







DECLUTTER

decider 1

When your head is full of thoughts take a deep breathe and declutter your mind. Whilst decluttering and you may face the dilemma of not knowing what to keep or throw away. Write a list of the biggest thoughts and apply the questions below to each thought on your list to help you decide.

TIDY HOME
TIDY MIND!

QUESTIONS

- Is the thought something urgent that you can focus on today?
- What purpose dose the thought have?
- Does the thought evoke happy or sad memories?
- Does the thought bring you joy, or who would it bring happiness to?
- Are you keeping hold of it because you may feel guilt if you let it go?
- Do you need the thought now? Or can you let it go for another time?

My thoughts

- 1
- 2
- 3
- 4
- 5




DECLUTTER

decider 2

We all have items that we gather throughout our journey, most of them add clutter but do not have a purpose. You find items whilst decluttering and may struggle to know what to keep or throw away. Like decluttering your mind, apply questions to each item on your list to help you decide.

QUESTIONS

- 
- Is it necessary to keep it?
 - If it's broken, can it be repaired/up-cycled or recycled
 - Is it of emotional significance to you and if so, would you consider creating an archive box for it?
 - Does the item evoke happy or sad memories?
 - Are you keeping it because you may feel guilt if you threw it away?
 - If the item doesn't bring you joy, who would it bring happiness to?
 - If you are keeping it because you may need it in the future, consider how long you have had it.



My thoughts

1

2

3

4

5

SELF CARE IDEAS

Read a book

Go to bed early

Watch a movie

Do some exercise

Call a friend

Take deep breaths

Cook your favourite meal

Recite affirmations

Take a walk in nature

Do some colouring

Be Playful

Write in your journal

Spend time with family

Spend time with friends

Have a tech-free day

Visit a museum

Buy yourself flowers

Take a power nap

Help out a colleague

Visit a museum

Drink plenty of water

Draw or paint

Try something new

Sing along to music

Dance freely

Bake something

Write a letter to a friend

Spend time with a pet

Do some scrapbooking

Be spontaneous

30 DAY SELF-CARE CHALLENGE





The **BUTTERFLY HUG** is a method of therapeutic intervention to help relax and calm you when hyper aroused.

The technique was developed by by two practitioners, Lucina Artigas, M.A., M.T., and Ignacio Jarero, Ed.D., Ph.D., M.T. Originally it was taught to survivors of hurricane Pauline in Mexico, in 1998 and was found to be helpful to people during this incredibly period

Many therapists now use this technique to help people with a range of difficulties, including helping to reduce anxiety, aid recovery from flashbacks and to enable people to work through past traumas.

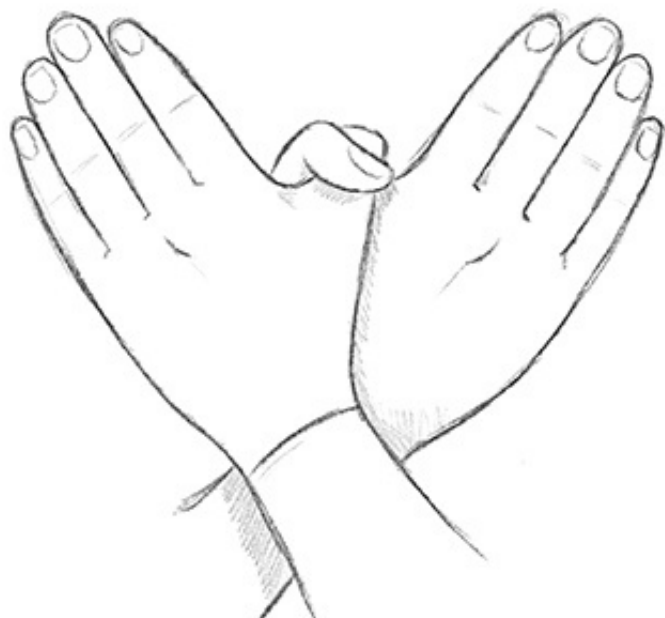
BUTTERFLY HUG

CONTINUED

To start it is important to regulate your breathing and to take deep slow breaths, I use such as belly breathing (Abdominal Breathing) The breathing helps to slow your body's response to stress. Keep the regulate breathing through the butterfly hug exercise

Focus your attention to how you are, notice any emotions that are coming up, any physiological indicators and judgments of self.

Cross your hands over your chest (like you are making a bird shadow puppet) where the wings are resting just below your collar bone. I like to hook my thumbs as a place to feel anchored.



BUTTERFLY HUG CONTINUED

Using your fingers begin slowly tapping, alternating left and right, left and right and continue tapping for 30 seconds to a few minutes if desired and it feels calming and grounding..

Continue to hold awareness with the self, slowing the mind and the body with each breathe, recognising all emotions that come up but not responding to them

It is a good idea to practice this technique when you are feeling less anxious to develop your ability to use this when you are under stress



This exercise is designed to help ease anxiety and calm you in the moment, but certainly is NOT a replacement for therapy or to replace professional help.

GIVE YOURSELF A COMPLIMENT

Often our inner critic makes us focus on any potential negatives. A useful exercise is to think about how other people view you. What are five positive things others would say about you.

1. _____

2. _____

3. _____

4. _____

5. _____

UNDERSTANDING MY OWN SELF CARE NEEDS WHEN TIMES ARE A STRUGGLE

Fill the spaces with your favourite things to fall back on when you are having a not-so-good day.

My favourite

MOVIES

- ▶
- ▶
- ▶

BOOKS

- ▶
- ▶
- ▶

GAME/HOBBY

- ▶
- ▶
- ▶

THINGS TO DO WHEN
I'M SAD

THINGS I DO WHEN
I'M BORED

THIS YEAR I'M LOOKING
FORWARD TO

THINGS TO REMEMBER **ON A BAD DAY**

It is impossible to be happy all the time.

You are allowed to say NO.

Your feelings are valid.

Showing your emotion is allowed.

Authenticity is better than perfection..

Perfection is a fallacy.

You are awesome, you are unique

And you have nothing to prove.

Making mistakes is human

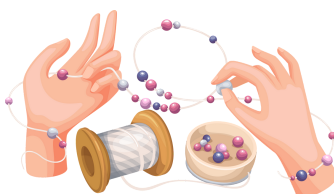
A TO Z OF IDEAS TO SOOTHE

AROMATHERAPY



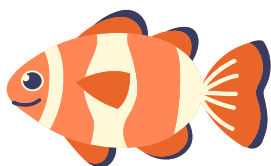
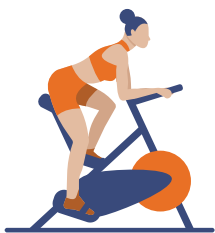
BAKE

CRAFTS



DECLUTTER

EXERCISE



FISH

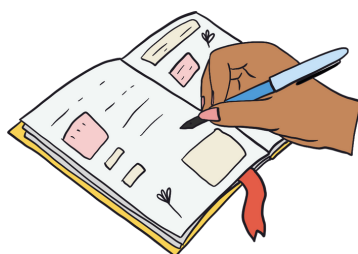


GAMING

HYDRATE



JOURNALLING



KNITTING



LEARN
SOMETHING NEW

INDULGE A LITTLE



MEDITATE



N-LEARN TO SAY NO



ORGANISE



PLAY

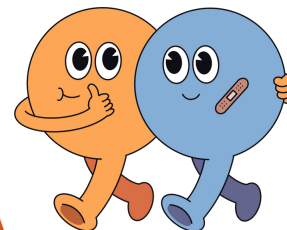
READ A BOOK



SING



TALK WITH
FRIENDS



QUIET TIME



WALK



YOGA



Z
SLEEP



UNPLUG

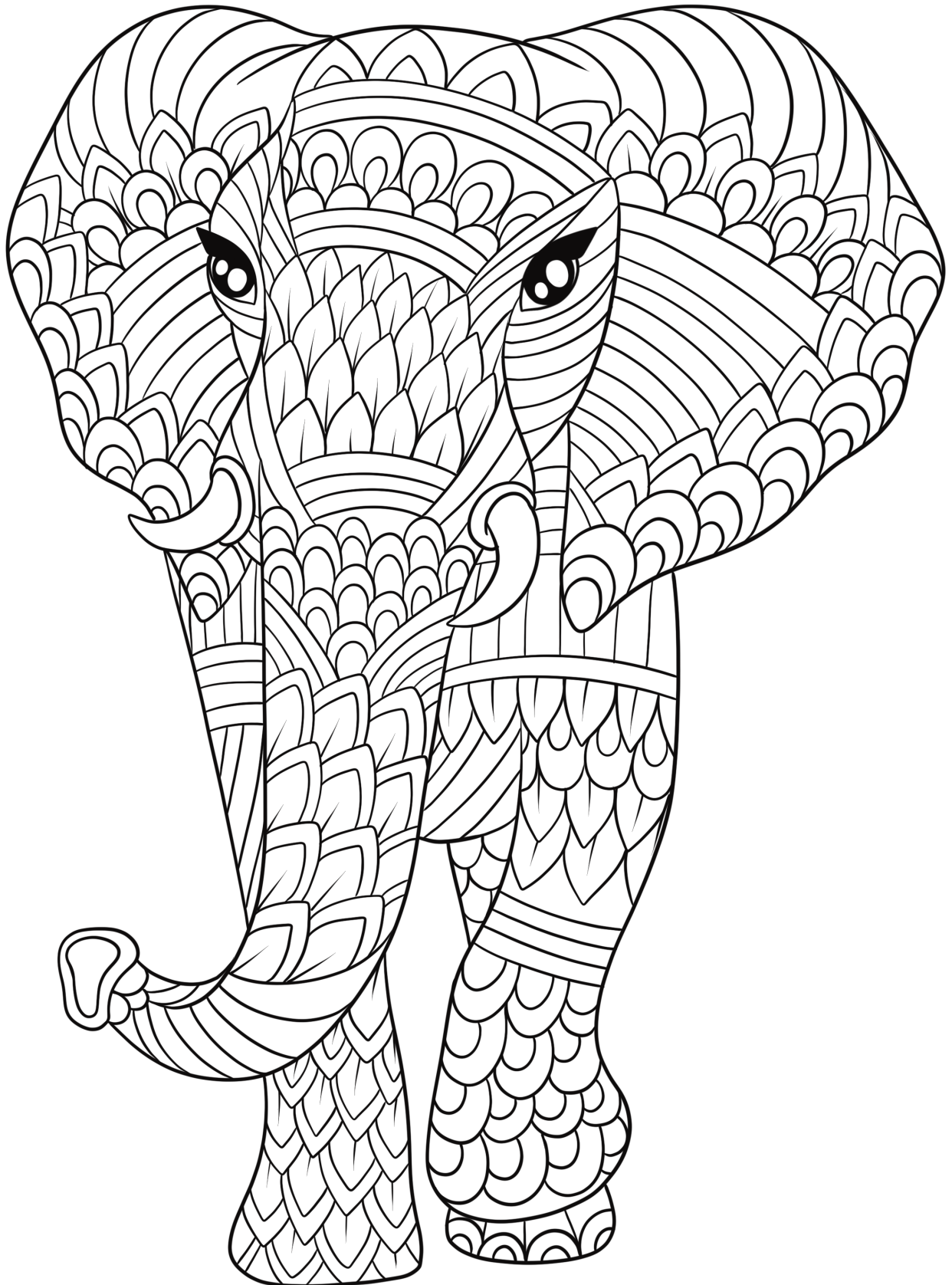


VOLUNTEER



XOXO

TO MINDFULLY COLOUR



LEARN TO MEDITATE

Meditation is a skill and like all skills, it needs time and practise. For a lot of people mediating does not come easily and can be frustrating and hard. However try and persist. Start with small steps - A few minutes at a time, practise, practise and practise.

PREPARE YOUR MIND

Use your inner voice to repeat mantras

- I am creating a safe space
- My thoughts are my own
- I will recognise my emotions but not allow them to become stuck

GET COMFORTABLE

Find a safe, quiet and comfortable place where you can be alone with your thoughts and emotions

- You could sit upright in a chair or
- Lay down on a bed or
- Sit cross legged on the floor

The important part is being safe, comfortable, and where you will not be disturbed

CLOSE YOUR EYES AND FOCUS ON YOUR BREATHING.

Take slow deep breathes

- As you slowly breathe in through your nose, feel the air gently enter your nose and fill your lungs
- Pause and hold that breath
- Then slowly exhale through your mouth feeling the air leave your lungs and mouth

LEARN TO MEDITATE

CONTINUED

FOCUS YOUR ATTENTION

As you continue your slow, deep breathes, allow your self to recognise the different thoughts and feelings.

- Let them come and go, like shooting stars.
- If a thought or emotion becomes difficult or stuck, refocus your attention to your breathing and its sensations.

QUIETLY RECITE TO YOURSELF

- I am safe and grounded.
- My emotions are guides and not facts
- I am able and capable

GIVE YOURSELF TIME

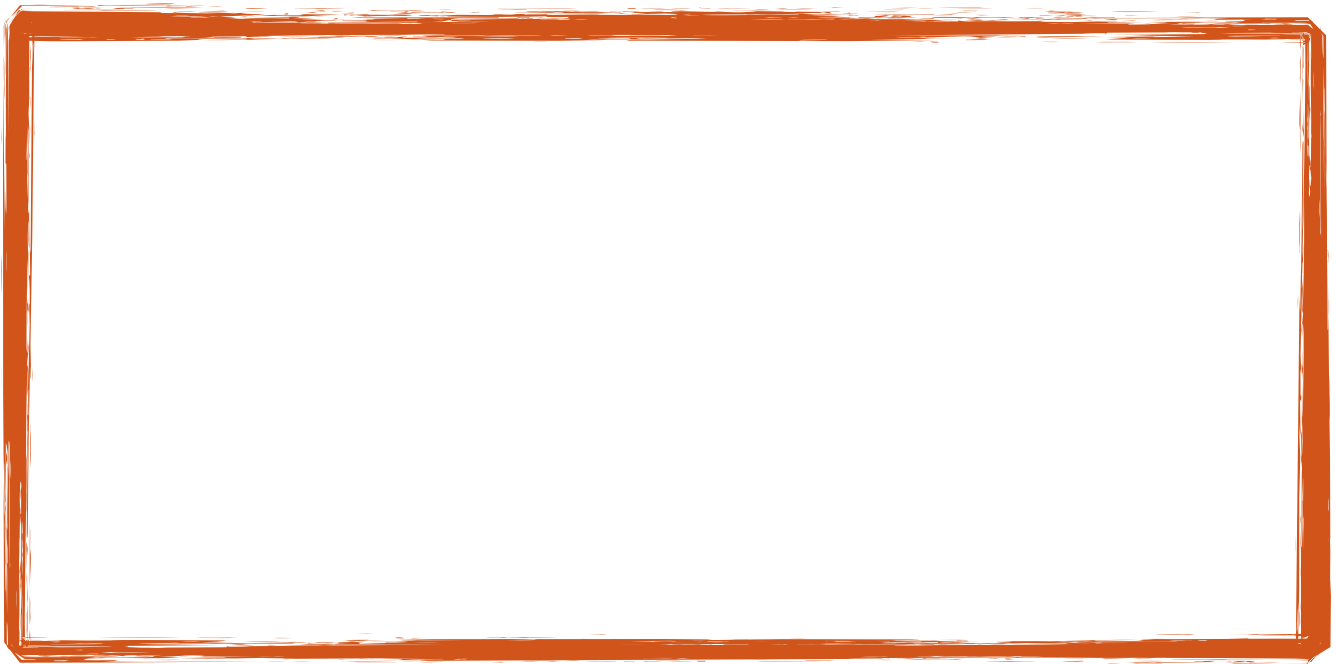
As you come to the end of your meditation, give yourself time to become aware of your surroundings.

- The temperature, the smell and the sounds of where you are
- Gently look around and in your own time get up
- Return to your normal everyday activities

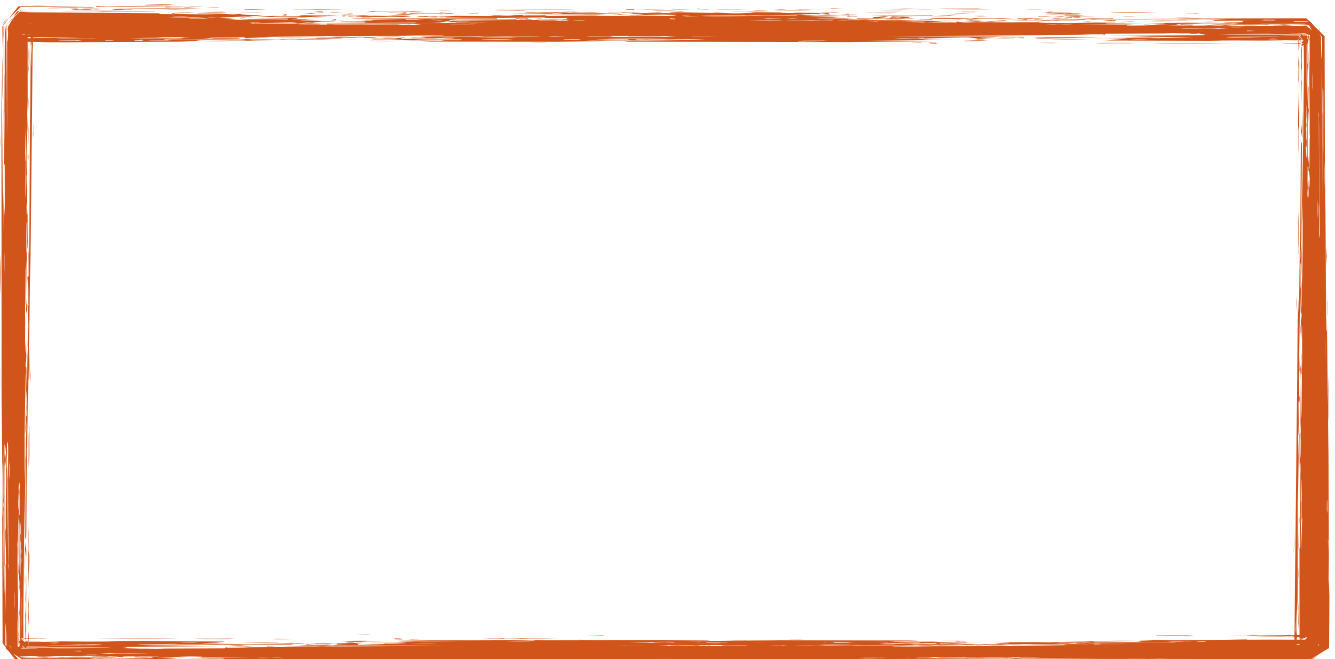
PRACTISE GRATITUDE

By drawing your attention to things you are grateful for, you start allowing yourself to move away from negative self-talk and inner critic.

Write or draw something you are grateful for today:



Describe something about you which you are grateful for.



TIPS FOR BEING KINDER TO YOURSELF

Sometimes when we can feel overwhelmed and our inner critic will amplify any self doubt or previous mistakes. These negative thoughts can lead us to avoid things which has then makes you feel worse for not achieving. You can reframe these negative thoughts in a manner that is kinder to yourself. These negative thoughts are sometimes called **Self-Limiting Beliefs**.



PRACTISE GRATITUDE

It is a natural for most people to take the time to show gratitude to others, but it is also an important part of self-care that we show ourselves thanks and gratitude.

- Learn to speak to yourself and as you would speak about someone else that you care about. Your inner critic will often speak in a negative way about ourselves.
- A way to recognise this is to think would we speak like about someone we care about.
- It is important to recognise the impact on ourselves and our wellbeing when we do this.
- The following checklist contains different ideas and suggestions of ways you can show yourself some self-gratitude.

<input type="checkbox"/>	BUY YOURSELF SOME FLOWERS OR SOMETHING ELSE VISUAL TO BRIGHTEN YOUR HOME
<input type="checkbox"/>	PLAN A DAY FOR DOING NO WORK AT ALL AND FILL IT WITH RELAXING OR FUN 'THINGS TO DO.
<input type="checkbox"/>	TREAT YOURSELF TO A SMALL GIFY, SUCH AS A NEW BOOK.
<input type="checkbox"/>	GO FOR A MASSAGE OR ENGAGE IN SOMETHING WHICH HELPS YOU TO FEEL RELAXED AND ALLOWS YOU TO REST.
<input type="checkbox"/>	WRITE DOWN POSITIVE AFFIRMATIONS TO YOURSELF AND SAY THESE OUT LOUD.
<input type="checkbox"/>	ASK OTHERS TO WRITE A POSITIVE NOTE ABOUT YOU AND POP THESE IN A JAR TO READ TO YOURSELF.
<input type="checkbox"/>	SPEND SOME TIME OUTSIDE AND ENJOY THE WORLD AROUND YOU.
<input type="checkbox"/>	IF ANYONE SAYS ANYTHING NEGATIVE ABOUT YOU OR TO YOU, TRY TO THINK OF A POSITIVE ABOUT YOURSELF TO BALANCE THAT VIEW.
<input type="checkbox"/>	SURROUND YOURSELF WITH PEOPLE WHO MOTIVATE AND INSPIRE YOU. YOU CAN DO THIS IN PERSON, IN THE NEWS OR IN YOUR SOCIAL MEDIA FEED.
<input type="checkbox"/>	ENSURE THERE IS SOMETHING IN YOUR LIFE THAT YOU CARE ABOUT. THIS COULD BE PLANTS, A PET OR CHILDREN BUT SOMETHING THAT NEEDS YOUR LOVE AND CARE.
<input type="checkbox"/>	WHEN SOMEONE PAYS YOU A COMPLIMENT, MAKE SURE YOU SAY, 'THANK YOU,' RATHER THAN RESPONDING WITH A SELF-CRITICISM OR BY BEING DISMISSIVE. IT IS IMPORTANT TO ACCEPT A COMPLIMENT.

AFFIRMATIONS

Having Affirmations or Mantras, might sound like a waste of time. However, there is evidence to support the positive impact they can have on your wellbeing. Find three or four affirmation that resonate with you. Then repeat them out aloud to whilst looking at yourself in the mirror. Seeing yourself and hearing the mantras stimulates the optical and auditory parts of the brain, which helps embed the mantra into your consciousness

**I am my
own
Person.**

**I am more
than my
mistakes**

**I can be
whatever I
want to be**

**I am worthy
of love**

**Every day, I am
getting closer to
achieving my
goals.**

**All I need is
within me**

**I am a different
person to who I
was yesterday**

**I am proud
of who I am
becoming**

**Today I am
making choices
my future self
will proud of.**

**I am in charge
of my life, my
goals and my
wellbeing**

**I am open to new
experiences**

**I am building
my life on the
foundation of
hope**

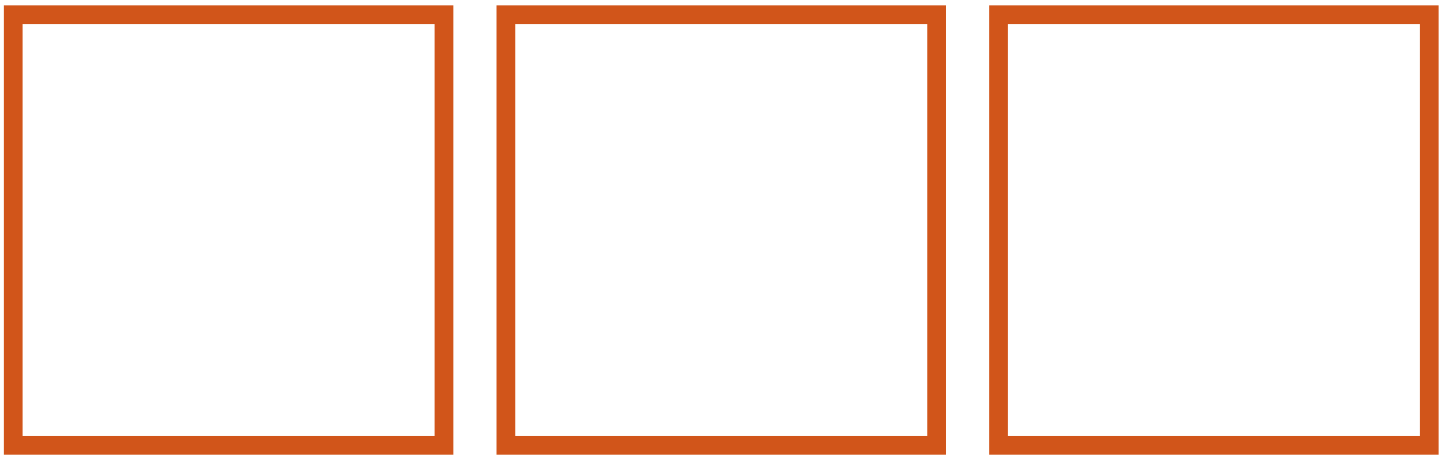
AFFIRMATIONS

Write your own affirmations here



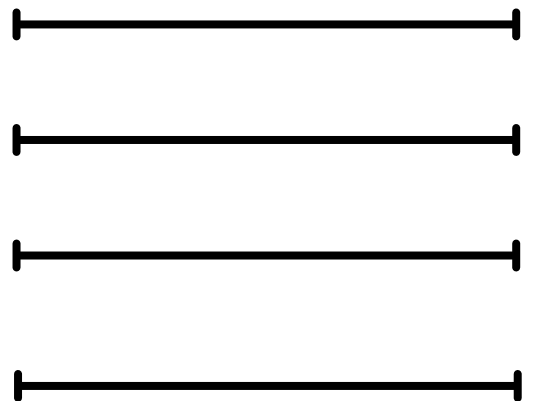
10 MINUTE DAILY REFLECTION

THREE THINGS YOU WOULD LIKE TO REMEMBER

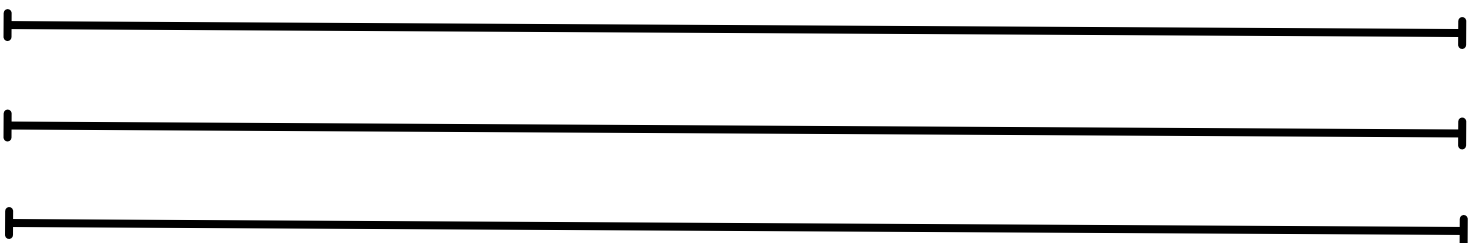
Three empty square boxes with orange borders, arranged horizontally, intended for writing three things to remember.

**ONE GOOD THING FROM TODAY
YOU WANT TO EXPLORE FURTHER**

**A SUCCESS OR
ACHIEVEMENT FROM
TODAY**

Four horizontal lines with vertical end caps, intended for writing a success or achievement from today.

**ONE CHALLENGE FROM TODAY AND WHAT YOU HAVE LEARNED
FROM IT**

Three horizontal lines with vertical end caps, intended for writing a challenge from today and what was learned from it.

IDEAS TO BOOST - YOUR ENERGY

1. SLEEP

By getting an appropriate amount of quality sleep, will help you feel more rested and energetic. You will be able to concentrate, focus better and be less likely to crave carbohydrates and sugars from your food.

2. STRESS

A small amount of stress can be a positive motivator, but as the stress increases it can lead you to feel overwhelmed and unable to do things. Your energy is being consumed by stress. Take positive steps to reduce stress, prioritise what needs to work needs to completed and by when, if necessary ask for help from friends and colleagues.

3. EXERCISE

The more energetic and active you are, the more energy you will have. Doing regular exercise helps, build muscle memory, can reduce stress and improve relaxation. However do not over exercise as this can be damaging to your physical and emotional wellbeing.

4. NUTRITION

Eating a balanced diet, reducing alcohol, caffeine and avoiding smoking, and vaping. Make sure you drink plenty of water as this helps hydrate the body and flush out toxins.

5. FRIENDSHIPS

Spending time with people that we like is a natural wellbeing booster. But always keep a balance between your needs, work needs and social needs.

6. BE IN THE PRESENT

Constantly thinking about other tasks and situations, rather than the one in hand, can be exhausting. Take some time to prioritise what needs to be completed and what can left or dumped. then focus on the present “here and now” This creates a boundary between work and time for you.

BUILDING A DAILY ROUTINE

FOCUS ON BREATHING

Stand with your hands raised palm to palm. Take a long slow, deep breath in through your nose.



Gently bend the knees and push your arms slowly upwards whilst slowly breathing out through your mouth.



Return to standing position whilst slowly breathing out. Then keeping knees loose and slightly forward and slowly at the waist whilst slowly breathing in.



Slowly return to standing position, whilst breathing out



Slowly squat as far as comfortable whilst breathing in. Then return to position whilst breathing out



BUILDING A DAILY ROUTINE

CONTINUED

FOCUS ON BREATHING

Kneel down and gently stretch each arm by raising the arm behind your head, bending at the elbow. Using the other arm to gently put a small amount of pressure on the elbow to stretch the arm further and hold for five seconds. Repeat on the other arm.

MORNING STRETCHES



For the next exercise whilst you are kneeling, put your hands together and raise your arms above your head until they are fully raised and extended. As you do this slowly take a deep breath in. Hold for five seconds. Then keeping your hands together gently bend at the waist bring your arms down and fully extended until you are touching the floor. As you lower yourself down slowly exhale. Once down hold for five before gently returning to the kneeling position. As you return to the kneeling position take a slow deep breath in.

Repeat five times.



BUILDING A DAILY ROUTINE

CONTINUED

FOCUS ON BREATHING

Lay on the floor and gently push up with your arms raising your upper torso. whilst breathing in.



MORNING STRETCHES

Next as you gently breathe out return to the laying down position.



Next push up with your arms raising your body and bending at the knees. As you raise upwards gently breathe in. Hold for five seconds and then gently breathe out as you return to the lying down position

Next, as in the previous exercise, push up with your arms raising your body and bending at the knees. As you raise upwards gently breathe in. This time push up further until the back is arched. Hold for five seconds and then gently breathe out as you return to the lying down position



PLEASE NOTE: These are only guides. Only do the stretches if you are physically able to and only go as far as comfortable. These are **NOT** a replacement for professional help.

BUILDING A DAILY ROUTINE

FOCUS ON BREATHING

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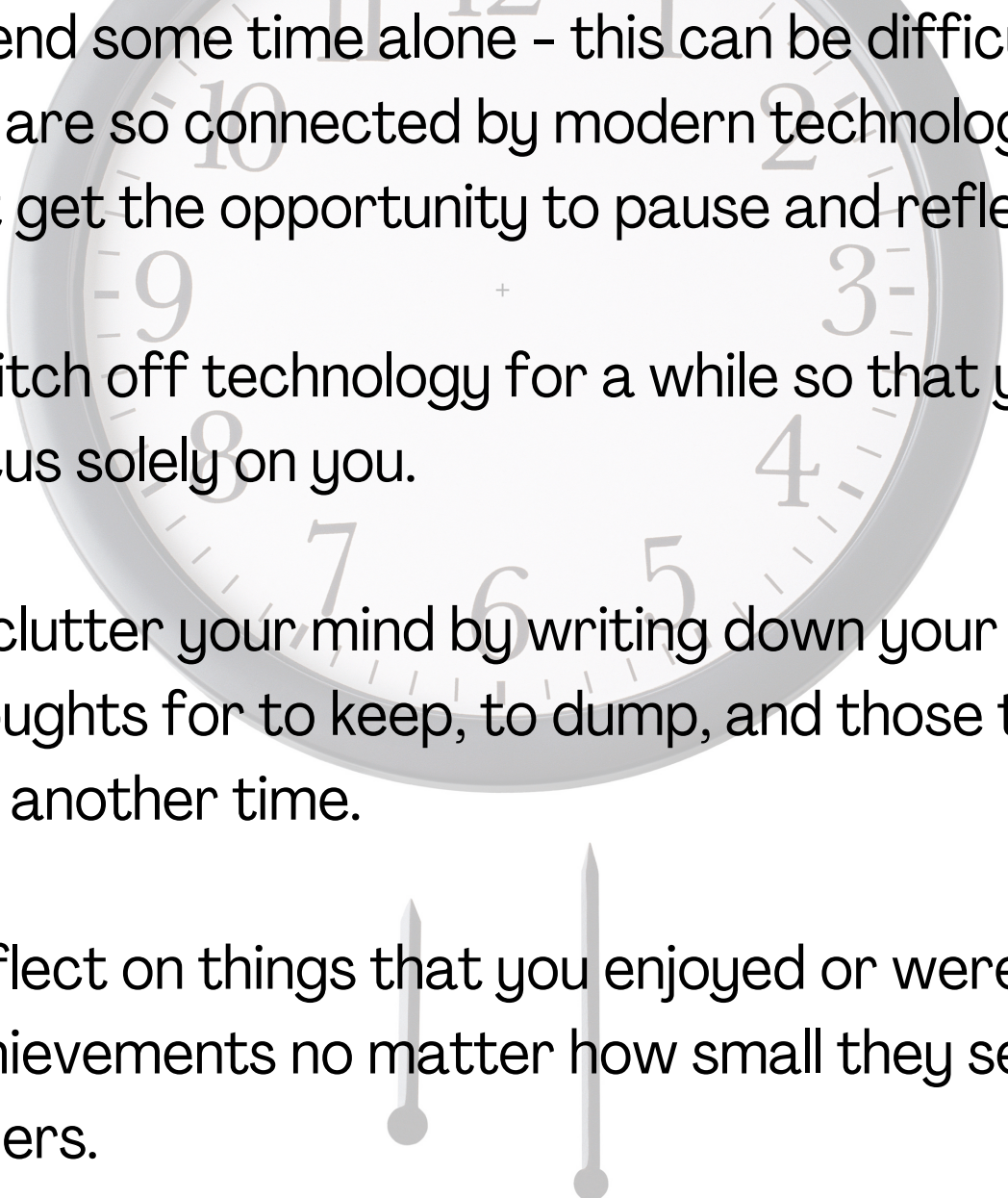


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BUILDING A DAILY ROUTINE

TAKE SOMETIME OUT

Take some time to focus on yourself, without the distractions of modern life:-

- 
- Spend some time alone - this can be difficult as we are so connected by modern technology we do not get the opportunity to pause and reflect
 - Switch off technology for a while so that you can focus solely on you.
 - Declutter your mind by writing down your thoughts for to keep, to dump, and those that are for another time.
 - Reflect on things that you enjoyed or were achievements no matter how small they seem to others.
 - Focus on your breathing and bringing a sense calmness over yourself

BUILDING A DAILY ROUTINE

DEVELOP A SLEEP ROUTINE - SLEEP HYGIENE

Good sleep hygiene are the steps taken to enable you to have the best possible sleep routine. There are common steps that can be used to assist you in getting a good quality of sleep.



1. TIME

Try and have a set time for going to bed and for getting out of bed. This can help train your mind and body to appropriate time to sleep

2. NAPPING

Avoiding sleeping during the day. If you do need to take a nap, limit it to no more than 15 minutes as this will stop you going in to a deep sleep.



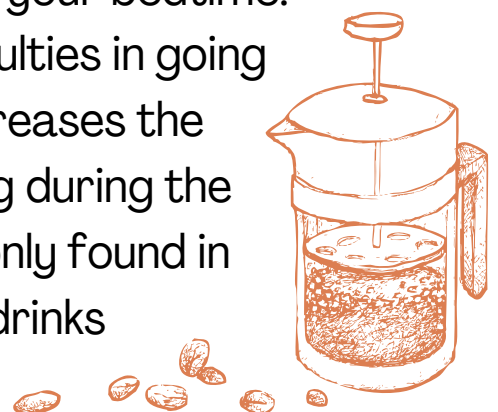
3. ALCOHOL

If possible avoid alcohol for three hours before going to bed. Whilst Alcohol might make you go to sleep you are more likely to wake and more likely to have poorer sleep quality.



4. CAFFEINE

Avoid caffeine for at least two hours before your bedtime. Caffeine is stimulant which can create difficulties in going to sleep. Caffeine is also a diuretic which increases the amount of urine produced and lead to waking during the night to urinate. Remember Caffeine is not only found in tea and coffee, it is also found in many soft drinks like cola and in chocolate and other foods.



SLEEP HYGIENE

CONTINUED



5. EXERCISE

Get physical exercise during the day but avoid strenuous exercise for two hours before bed as this can increase difficulties in going to sleep

6. TECHNOLOGY

Switch off your mobile phone, or if you are using it as an alarm, turn it on to airplane mode to stop the risk of being disturbed. Try and avoid blue light produced by screens as there is some research to say it interferes with our natural sleep cycle

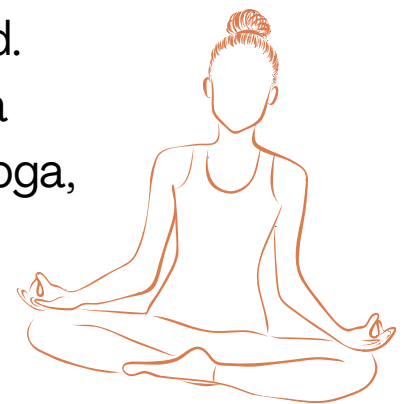


7. WORRIES

Try not to take your worries to bed. Write them down an hour before bed, prioritise any that need doing the following day and set them aside.

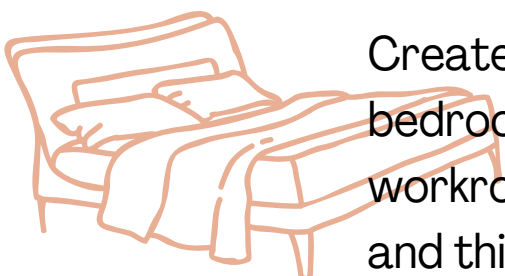
8. RELAXATION

Practise something to relax you before going to bed. This could be anything from having a bath, reading a book or doing progressive muscle relaxation, light yoga, or gentle breathing exercises or meditation.



9. ENVIRONMENT

Create the right environment to sleep. Keep the bedroom as a restful place, not an office or a workroom. Reduce the amount of stimulating colours and things. Keep the room dark at night and at a comfortable temperature



SLEEP HYGIENE

CONTINUED

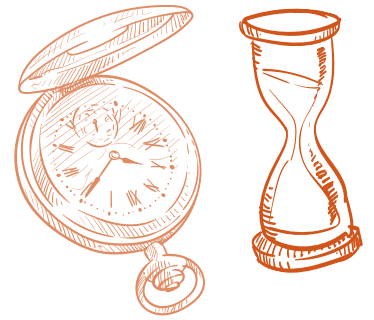


10. TELEVISION

Do not have a television or laptop in the bedroom. Watching programmes or doing things on a laptop or other technology requires concentration and this causes the brain to wake

11. CLOCK WATCHING

Avoid clock watching. Looking at your clock to see what time it is when you are trying sleep and seeing how long you have been awake, creates additional pressure on you to sleep and it does not allow the mind to relax.



12. WHEN YOU DO NOT FALL TO SLEEP

If you do not fall asleep in 15 - 20 minutes, or if you wake during the night and can not get back to sleep, get up leave the bedroom, do not remain in bed. Try some reading, have a light snack, or do some quiet activity for a short period. Do not attempt any activities which will make you more alert such as household chores, office work, watching television, using your mobile phone or work/play on the computer. When you are feeling tired, go back to bed and try to fall asleep. If you are still not sleeping after 15-20 minutes, get up again until you feel tired.

