THE *Self Care Workbook*



A COMPREHENSIVE TOOL DESIGNED TO HELP YOU PRIORITISE AND NURTURE YOUR WELL-BEING THROUGH MINDFUL PRACTICES AND PERSONAL REFLECTION

Woman Aglow

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MINDFUL PRACTICES AND PERSONAL REFLECTION

INTRODUCTION TO SELF CARE

Self-care is the practice of intentionally focusing on your own health and well-being. It involves engaging in activities and habits that promote physical, emotional, and mental health, ensuring you remain balanced and energised. Self-care is not a luxury but a necessity for maintaining a healthy lifestyle.



The importance of self-care cannot be overstated. In our fast-paced world, it's easy to neglect our own needs while juggling work, family, and social obligations. However, prioritising self-care helps prevent burnout, reduces stress, and improves overall quality of life. It’s about being proactive in looking after yourself, so you can better manage life's challenges and be there for others. When you take care of yourself, you build a strong foundation that supports all aspects of your life.

The benefits of self-care are numerous and impactful. Regular self-care practices can boost your mood, enhance productivity, and strengthen resilience. Physically, self-care can lead to improved health through better nutrition, regular exercise, and adequate rest. Emotionally, it allows you to process feelings, manage stress, and develop a more positive outlook. Mentally, it helps sharpen focus, increase creativity, and enhance problem-solving skills. Furthermore, self-care can improve your relationships by fostering a sense of self-worth and confidence, allowing you to connect more meaningfully with others. When you feel good about yourself, you are more likely to engage positively with the world around you, creating a ripple effect of well-being.

Incorporating self-care into your daily routine doesn't have to be complicated. It can be as simple as taking a few minutes each day for deep breathing, enjoying a walk in nature, or indulging in a hobby you love. Activities like journaling, reading, or practising mindfulness can also be incredibly beneficial. Even setting aside time for a relaxing bath or enjoying a cup of tea in silence can make a significant difference. By making self-care a priority, you cultivate a healthier, happier, and more fulfilling life. Remember, self-care isn't selfish; it's essential. Taking time for yourself enables you to be the best version of yourself.

DIGITAL PLANNER STICKERS



DIGITAL PLANNER STICKERS



DIGITAL PLANNER STICKERS



TYPES OF SELF CARE

Self-care encompasses various aspects of our lives, each contributing to our overall well-being. Understanding the different types of self-care can help you create a balanced routine that nurtures every part of yourself.

PHYSICAL SELF CARE

Physical self-care involves activities that improve your physical health. This includes regular exercise, a balanced diet, adequate sleep, and good hygiene. Physical self-care also means listening to your body and addressing its needs, whether that's through medical care, rest, or engaging in activities that help you feel energised and healthy. Simple practices like stretching, staying hydrated, and taking short walks can make a big difference in your physical well-being.

EMOTIONAL SELF CARE

Emotional self-care is about recognising and honouring your feelings. It involves activities that help you process emotions in a healthy way, such as journaling, talking to a friend, or seeing a therapist. Emotional self-care also means setting boundaries to protect your emotional health and engaging in activities that bring you joy.

MENTAL SELF CARE

Mental self-care focuses on stimulating and nurturing your mind. This can include activities that challenge your intellect, such as reading, solving puzzles, or learning something new. It's also about managing stress and reducing mental clutter. Techniques like practising gratitude, engaging in creative hobbies, and taking digital breaks.

SOCIAL SELF CARE

Social self-care involves building and maintaining healthy relationships. This includes spending time with loved ones and social activities that you enjoy. Social self-care also means recognising when you need time alone to recharge. Balance is key; nurturing your social connections while also ensuring you have time for yourself helps you feel supported.

SPIRITUAL SELF CARE

Spiritual self-care nurtures your soul and helps you find purpose and meaning in life. This can involve religious practices, meditation, spending time in nature, or engaging in activities that align with your values and beliefs. It varies greatly from person to person. It's about connecting with something greater than yourself.

SELF CARE GOALS

PHYSICAL SELF CARE

GOAL 1:

STEPS:

1.
2.
3.
4.

GOAL 2:

STEPS:

1.
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3.
4.

GOAL 3:

STEPS:

1.
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EMOTIONAL SELF CARE

GOAL 1:

STEPS:

1.
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GOAL 2:

STEPS:

1.
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GOAL 3:

STEPS:

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SELF CARE GOALS

MENTAL SELF CARE

GOAL 1:

STEPS:

1.
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GOAL 2:

STEPS:

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GOAL 3:

STEPS:

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SPIRITUAL SELF CARE

GOAL 1:

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GOAL 2:

STEPS:

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GOAL 3:

STEPS:

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SELF CARE GOALS

SOCIAL SELF CARE

GOAL 1:

STEPS:

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GOAL 2:

STEPS:

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GOAL 3:

STEPS:

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4.

PROFESSIONAL SELF CARE

GOAL 1:

STEPS:

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GOAL 2:

STEPS:

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4.

GOAL 3:

STEPS:

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SELF CARE CHECKLIST

Taking care of yourself is essential for maintaining balance and well-being in your life. Use this checklist to ensure you are regularly engaging in activities that nurture your physical, emotional, and mental health.

- [ ] TAKE A FEW MINUTES EACH MORNING FOR DEEP BREATHING EXERCISES OR MEDITATION.
- [ ] ENSURE YOU HAVE A NUTRITIOUS BREAKFAST TO START YOUR DAY RIGHT.
- [ ] DRINK PLENTY OF WATER THROUGHOUT THE DAY TO STAY HYDRATED.
- [ ] INCORPORATE PHYSICAL ACTIVITY INTO YOUR ROUTINE.
- [ ] SCHEDULE REGULAR BREAKS DURING WORK TO STRETCH AND RELAX.
- [ ] SPEND SOME TIME OUTDOORS, ENJOYING NATURE AND FRESH AIR.
- [ ] ENGAGE IN A HOBBY OR ACTIVITY YOU LOVE TO UNWIND AND DE-STRESS.
- [ ] PRACTISE MINDFULNESS BY BEING PRESENT IN THE MOMENT.
- [ ] MAKE SURE TO GET ENOUGH SLEEP EACH NIGHT TO FEEL RESTED AND REJUVENATED.
- [ ] SET ASIDE TIME EACH DAY FOR REFLECTION OR JOURNALING.
- [ ] CONNECT WITH FRIENDS OR FAMILY TO NURTURE YOUR SOCIAL RELATIONSHIPS.
- [ ] LISTEN TO MUSIC OR PODCASTS THAT UPLIFT AND INSPIRE YOU.
- [ ] READ A BOOK OR ENGAGE IN LEARNING SOMETHING NEW TO STIMULATE YOUR MIND.
- [ ] TAKE A RELAXING BATH OR SHOWER TO SOOTHE YOUR BODY AND MIND.
- [ ] PRACTISE GRATITUDE BY NOTING DOWN THINGS YOU ARE THANKFUL FOR EACH DAY.
- [ ] SPEND TIME WITH PETS OR ANIMALS TO ENJOY THEIR CALMING PRESENCE.
- [ ] UNPLUG FROM DIGITAL DEVICES AND SOCIAL MEDIA TO REDUCE MENTAL CLUTTER.

SELF CARE CHECKLIST

Taking care of yourself is essential for maintaining balance and well-being in your life. Use this checklist to ensure you are regularly engaging in activities that nurture your physical, emotional, and mental health.

SELF CARE CHECKLIST

This self-care checklist is designed to help you prioritise your well-being by organising your self-care practices into monthly, weekly, and daily categories. Use this page to jot down activities and habits that nurture your physical, emotional, and mental health. By regularly engaging in these practices, you can maintain a balanced and fulfilling self-care routine.

DAILY CHECKLIST

	MON	TUE	WED	THUR	FRI	SAT	SUN
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

WEEKLY CHECKLIST

	W1	W2	W3	W4
	○	○	○	○
	○	○	○	○
	○	○	○	○
	○	○	○	○
	○	○	○	○

MONTHLY CHECKLIST

	○
	○
	○
	○
	○

SELF CARE CHECKLIST

PHYSICAL SELF CARE

- [ ] WALK 10K STEPS A DAY
- [ ] GET 7-8 HOURS SLEEP A NIGHT
- [ ] BALANCED DIET
- [ ] 8 GLASSES OF WATER A DAY
- [ ] SKINCARE ROUTINE

SOCIAL SELF CARE

- [ ] REGULAR MEET-UPS
- [ ] NETWORK WITH OTHERS
- [ ] JOIN A CLUB
- [ ] QUALITY FAMILY TIME
- [ ] CALL FRIENDS OFTEN

EMOTIONAL SELF CARE

- [ ] JOURNAL EVERY DAY
- [ ] PRACTICE GRATITUDE
- [ ] NO JUDGEMENT
- [ ] ACTIVITIES YOU LOVE
- [ ] SET BOUNDARIES
- [ ] SEEK HELP FROM A THERAPIST
- [ ] SPEAK ABOUT FEELINGS

MENTAL SELF CARE

- [ ] READ BOOKS
- [ ] DO PUZZLES
- [ ] MINDFULNESS
- [ ] LIMIT SCREEN TIME
- [ ] LEARN SOMETHING NEW
- [ ] SET REALISTIC GOALS
- [ ] CREATE HAPPY PLAYLIST

SPIRITUAL SELF CARE

- [ ] PRACTICE MEDITATION
- [ ] SPEND TIME IN NATURE
- [ ] READ INSPIRING BOOKS
- [ ] LISTEN TO INSPIRING PODCASTS
- [ ] ALIGN YOUR VALUES
- [ ] GO ON A RETREAT
- [ ] REFLECT ON LIFE PURPOSE

PROFESSIONAL SELF CARE

- [ ] SET WORK / LIFE BOUNDARIES
- [ ] TAKE FREQUENT BREAKS
- [ ] ORGANISE WORKSPACE
- [ ] SEEK EXTRA HELP
- [ ] TIME MANAGEMENT
- [ ] PRODUCTIVITY TECHNIQUES
- [ ] CELEBRATE SMALL WINS

SELF CARE CHECKLIST

PHYSICAL SELF CARE

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SOCIAL SELF CARE

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EMOTIONAL SELF CARE

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MENTAL SELF CARE

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SPIRITUAL SELF CARE

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PROFESSIONAL SELF CARE

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SEASONAL SELF CARE

SPRING

SUMMER

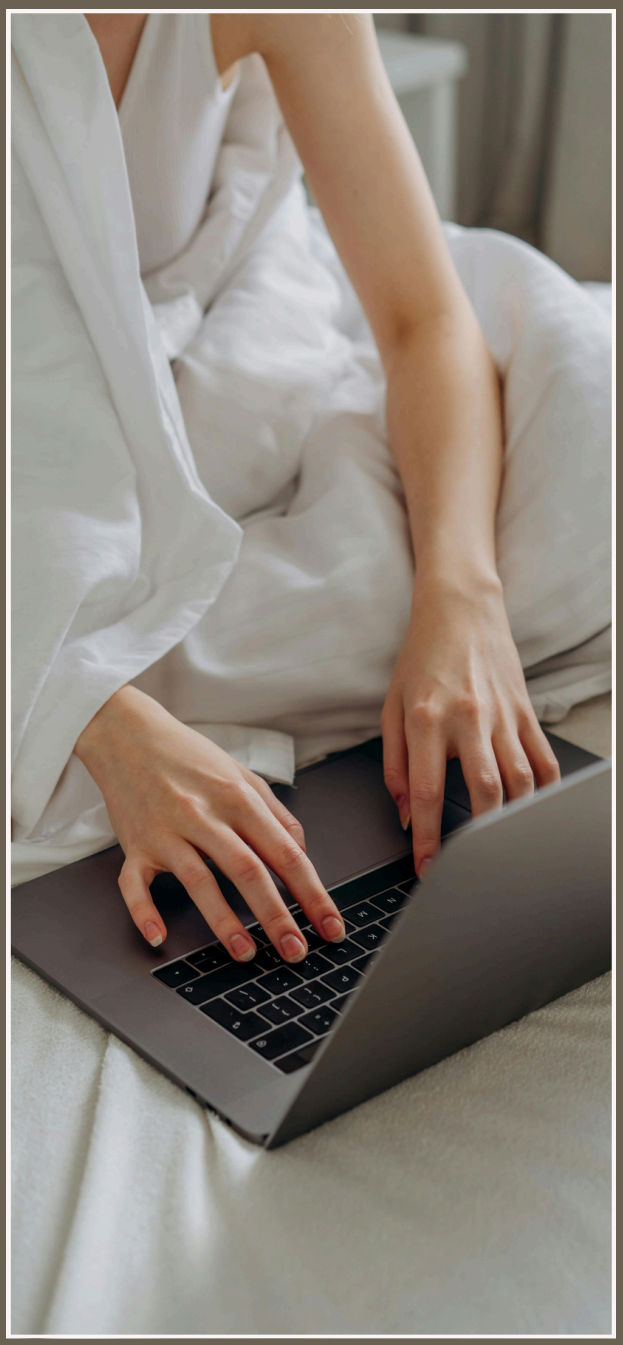
AUTUMN

WINTER

CREATING A SELF CARE ROUTINE

Creating a self-care routine is essential for maintaining balance and well-being in your life. A consistent self-care practice can help you manage stress, boost your mood, and improve overall health. Here are some tips and strategies to help you establish and maintain a self-care routine that works for you.

Start Small and Be Realistic
When building a self-care routine, it's important to start small and set realistic goals. Begin with a few simple activities that you can easily incorporate into your daily schedule. For example, commit to five minutes of meditation in the morning or a short walk during your lunch break. As these habits become ingrained, you can gradually add more activities to your routine.



Prioritise Self Care
Make self-care a priority by scheduling it into your day just like any other important task. Use a planner or digital calendar to block out time for self-care activities, and treat these appointments with the same respect you would a work meeting or doctor's appointment. By prioritising self-care, you signal to yourself and others that your well-being is important.

Identify Your Needs
Everyone's self-care needs are different, so it's essential to identify what works best for you. Reflect on what activities make you feel relaxed, energised, and happy. Whether it's reading a book, practising yoga, or spending time with loved ones, choose activities that genuinely nourish you and fit your lifestyle.

Create a Balanced Routine
Aim for a balanced self-care routine that addresses all aspects of your well-being: physical, emotional, mental, social, and spiritual. This might include a mix of activities such as exercise, journaling, socialising, and meditation. A well-rounded routine ensures

CREATING A SELF CARE ROUTINE

that you are taking care of yourself in a holistic manner.

Be Flexible
Life can be unpredictable, and sometimes your self-care routine may need to adapt to changing circumstances. Be flexible and open to adjusting your routine as needed. If you miss a self-care activity one day, don't be too hard on yourself; simply get back on track the next day.

Track Your Progress
Keeping track of your self-care activities can help you stay consistent and motivated. Use a journal or app to log your activities, reflect on how they make you feel, and identify any patterns or areas for improvement. Regularly reviewing your progress can reinforce the importance of self-care and help you stay committed to your routine.

Set Boundaries
Establishing boundaries is crucial for protecting your self-care time. Communicate with family, friends, and colleagues about your self-care needs and let them know when you need uninterrupted time for yourself. Setting boundaries helps ensure that you have the space and time to focus on your well-being.

Seek Support
Building a self-care routine can be more enjoyable and sustainable when you have support. Share your self-care goals with a friend or join a community group focused on wellness. Having a support system can provide encouragement, accountability, and inspiration as you work towards maintaining your self-care routine.



SELF CARE ROUTINE

This self-care routine is designed to help you structure your well-being activities throughout the day. By dividing your self-care practices into morning, afternoon, and evening categories, you can ensure a balanced approach to nurturing your physical, emotional, and mental health. Use this page to note down specific activities for each part of the day, helping you maintain a consistent self-care routine.

MORNING

	MON	TUE	WED	THUR	FRI	SAT	SUN
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

AFTERNOON

	MON	TUE	WED	THUR	FRI	SAT	SUN
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

EVENING

	MON	TUE	WED	THUR	FRI	SAT	SUN
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○

30 DAY SELF CARE CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Start your day with 10 minutes of mindfulness meditation.	Drink at least 8 glasses of water today.	Take a 20-minute walk outside and enjoy the fresh air.	Unplug from digital devices for at least 2 hours.	Write down three things you're grateful for today.

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Spend 15 minutes stretching your body.	Choose a healthy snack like fruit or nuts instead of processed food.	Engage in a creative activity like drawing, painting, or crafting.	Go to bed 30 minutes earlier than usual.	Practice deep breathing exercises for 5 minutes.

DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Call or meet up with a friend for a chat.	Take a relaxing bath or pamper yourself with a facial.	Spend 30 minutes reading a book you enjoy.	Do a 20-minute yoga session.	Spend 15 minutes decluttering a small area of your home.

DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Write and repeat three positive affirmations.	Dedicate 30 minutes to a hobby you love.	Avoid social media for the entire day.	Listen to your favourite music or discover new tunes.	Make sure you're drinking enough water throughout the day.

DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Spend time volunteering or helping someone in need.	Write about your thoughts and feelings for 15 minutes.	Try cooking a new, healthy recipe.	Meditate for 15 minutes, focusing on your breath.	Give yourself three compliments.

DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Do 30 minutes of exercise you enjoy.	Plan a fun activity for the upcoming weekend.	Eat a meal mindfully, savouring each bite.	Spend an hour doing something relaxing, like reading or watching a movie.	Reflect on your self-care journey and set intentions for continuing your practice.

THE SCIENCE BEHIND SELF CARE

Engaging in self-care activities can significantly impact brain function. When you practice mindfulness, meditate, or engage in relaxation techniques, your brain's production of stress hormones, such as cortisol, decreases. High cortisol levels over extended periods can lead to anxiety, depression, and other mental health issues. By reducing cortisol, you help maintain a healthier, more balanced mental state.



Additionally, self-care activities that promote relaxation and pleasure, such as exercise, hobbies, or spending time with loved ones, stimulate the release of neurotransmitters like serotonin and dopamine. These chemicals are often referred to as the brain’s “feel-good” hormones because they enhance mood, promote feelings of happiness, and improve overall mental health.

Regular self-care also strengthens neural pathways associated with positive emotions and cognitive functions. Activities like journaling, reading, or learning new skills challenge the brain, keeping it sharp and reducing the risk of cognitive decline as you age.

The physical benefits of self-care are equally significant. Regular exercise, a fundamental aspect of physical self-care, improves cardiovascular health, boosts the immune system, and enhances energy levels. Exercise also triggers the release of endorphins, which are natural painkillers and mood elevators, often referred to as “runner’s high.”

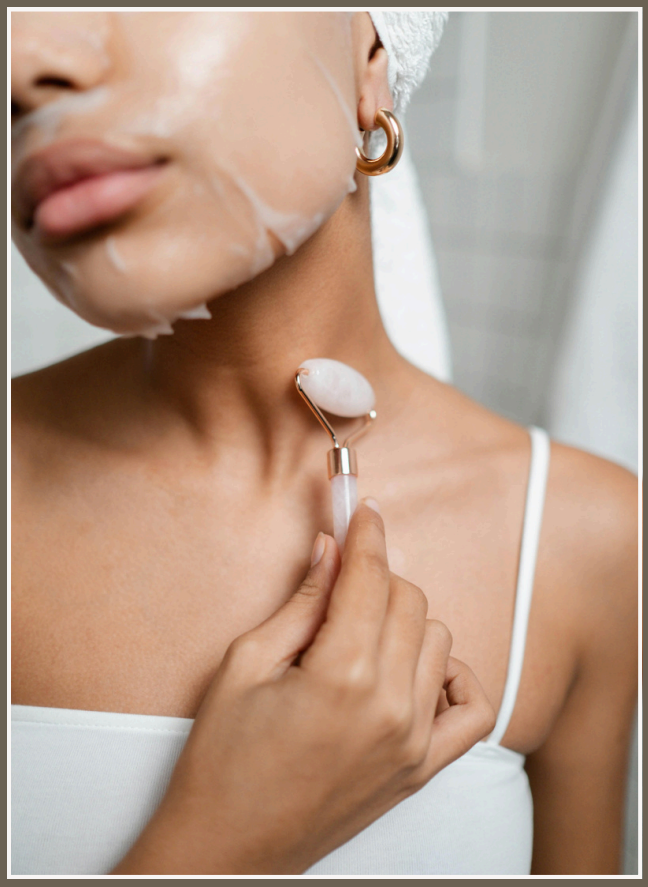
THE SCIENCE BEHIND SELF CARE

Adequate sleep, another crucial component of self-care, is essential for physical health. Sleep allows the body to repair itself, consolidate memories, and regulate various bodily functions. Poor sleep can lead to a range of health issues, including weakened immunity and increased risk of diseases.

Nutrition also plays a vital role in self-care. A balanced diet rich in vitamins, minerals, and antioxidants supports brain function, boosts immunity, and maintains overall health. Foods high in omega-3 fatty acids, for example, are known to improve brain health and reduce inflammation.

Chronic stress can take a toll on both the brain and body. Engaging in self-care practices like yoga, meditation, or spending time in nature activates the body's parasympathetic nervous system, which promotes relaxation and counters the stress response. This helps lower blood pressure, reduce heart rate, and mitigate the negative effects of stress.

By understanding and prioritising self-care, you're not just pampering yourself but actively enhancing your brain function and physical health. Incorporating self-care into your daily routine is a scientifically-backed way to improve your quality of life, making it a vital component of a healthy lifestyle.





3 MONTH FITNESS TRACKER

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1							
2							
3							
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6							
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8							
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10							
11							
12							

FITNESS TRACKER

DATE	EXERCISE	SET	REP	WEIGHT	DIST.	TIME

STEPS TRACKER

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
01												
02												
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WORKOUT PLANNER

TRAINING FOCUS

MONDAY

Exercise	Set	Rep	Weight
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☐			
☐			

TUESDAY

Exercise	Set	Rep	Weight
☐			
☐			
☐			

WEDNESDAY

Exercise	Set	Rep	Weight
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THURSDAY

Exercise	Set	Rep	Weight
☐			
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WORKOUT PLANNER

FRIDAY

Exercise	Set	Rep	Weight
☐			
☐			
☐			

SATURDAY

Exercise	Set	Rep	Weight
☐			
☐			
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SUNDAY

Exercise	Set	Rep	Weight
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REVIEW

BEST WORKOUT:

CHAELLENGES:

IMPROVEMENTS:

FITNESS ROUTINE

Physical activity is a cornerstone of a healthy lifestyle and plays a crucial role in maintaining overall well-being. Regular exercise has countless benefits, from improving physical health to enhancing mental and emotional well-being.

MONDAY: CARDIO & STRETCH

Morning: 30-minute brisk walk or jog.
Afternoon: 10-minute stretching routine focusing on major muscle groups.
Evening: Light yoga session for relaxation.

TUESDAY: STRENGTH TRAINING

Morning: 20-minute full-body strength workout (bodyweight exercises e.g. squats).
Afternoon: Short walk to stay active and break up the day.
Evening: Foam rolling or gentle stretching.

WEDNESDAY: MINDFULNESS & MOBILITY

Morning: 15-minute yoga or Pilates session focusing on flexibility.
Afternoon: 5-minute mindfulness meditation to reset and refocus.
Evening: Light stretching or a warm bath for muscle relaxation.

THURSDAY: CARDIO & CORE

Morning: 30-minute cycling session (outdoor or stationary).
Afternoon: Quick 10-minute core workout (planks, bicycle crunches, leg raises).
Evening: Relaxing walk or gentle stretching.

FRIDAY: STRENGTH & BALANCE

Morning: 20-minute strength workout focusing on upper body.
Afternoon: Balance exercises (e.g. standing on one leg, heel-to-toe walk).
Evening: Gentle yoga or tai chi to unwind.

FITNESS ROUTINE

SATURDAY: ACTIVE RECOVERY
Morning: Leisurely 45-minute walk in nature. Afternoon: Engage in a recreational activity you enjoy (e.g., swimming, dancing). Evening: Relax with a book or light stretching.

SUNDAY: FLEXIBILITY & REFLECTION
Morning: 30-minute yoga session focusing on deep stretching and relaxation. Afternoon: Reflect on the week and plan for the next one. Evening: Prepare a healthy meal and enjoy some quiet time to recharge.

Incorporating fitness into your self-care routine has profound benefits for both physical and mental health. Regular physical activity helps maintain a healthy weight, reduces the risk of chronic diseases such as heart disease, diabetes, and hypertension, and improves overall cardiovascular health. Engaging in fitness activities also strengthens muscles and bones, enhancing mobility and reducing the likelihood of injuries. By prioritising fitness as part of your self-care regimen, you create a foundation for long-term physical health and vitality, allowing you to perform daily activities with greater ease and efficiency. Furthermore, the routine of regular exercise can improve coordination and balance, reducing the risk of falls, particularly in older adults.

Beyond the physical advantages, fitness plays a crucial role in mental well-being, which is a fundamental aspect of self-care. Exercise stimulates the release of endorphins, often referred to as the "feel-good" hormones, which can alleviate symptoms of depression and anxiety. Regular physical activity has been shown to improve mood, reduce stress levels, and enhance cognitive function. By incorporating fitness into your daily routine, you not only take care of your body but also nurture your mental health, fostering a more balanced and positive outlook on life.

NUTRITION AND SELF CARE

Nutrition plays a pivotal role in self-care and overall well-being. The food you consume not only fuels your body but also has a significant impact on your mental and emotional health. Understanding the importance of a balanced diet and making mindful food choices can greatly enhance your quality of life.

Energy Levels
The food you eat directly affects your energy levels. A balanced diet that includes a variety of nutrients ensures that your body has the necessary fuel to function optimally throughout the day. Consuming a mix of carbohydrates, proteins, and fats provides sustained energy, helping you stay active and alert.

Immune Function
Good nutrition is essential for a strong immune system. Vitamins and minerals, such as vitamin C, vitamin D, zinc, and iron, play crucial roles in immune function. Eating a diet rich in fruits, vegetables, lean proteins, and whole grains helps your body fend off illnesses and recover more quickly when you do get sick.

Chronic Disease Prevention
A healthy diet can help prevent chronic diseases such as heart disease, diabetes, and certain cancers. Consuming foods high in antioxidants, fibre, and healthy fats supports cardiovascular health, regulates blood sugar levels, and reduces inflammation. Avoiding excessive sugar, salt, and unhealthy fats is equally important in maintaining long-term health.

Mood Regulation
What you eat can significantly influence your mood. Foods rich in omega-3 fatty acids, such as salmon and walnuts, are known to support brain health and reduce symptoms of depression and anxiety. Additionally, complex carbohydrates found in whole grains and legumes help maintain stable blood sugar levels, preventing mood swings and irritability.

Cognitive Function
Proper nutrition is essential for maintaining cognitive function and mental clarity. Nutrients like omega-3 fatty acids, antioxidants, and B vitamins are vital for brain health. Eating a diet rich in these nutrients can improve memory, concentration, and overall cognitive performance. Conversely, a diet high in processed foods and sugars can impair brain function and increase the risk of cognitive decline.

Stress Management
Certain foods can help your body manage stress more effectively. For example, foods high in magnesium, such as leafy greens, nuts, and seeds, can help reduce stress and promote relaxation. Additionally, staying hydrated by drinking plenty of water is crucial for maintaining optimal brain function and managing stress.

NUTRITION AND SELF CARE

Building a Balanced Diet for Self Care

A balanced diet includes a variety of foods from all food groups. Aim to fill your plate with colourful fruits and vegetables, lean proteins, whole grains, and healthy fats. Eating a wide range of foods ensures you get all the essential nutrients your body needs to function properly.

Practising mindful eating involves paying attention to what you eat and how it makes you feel. Slow down and savour each bite, and listen to your body's hunger and fullness cues. Avoid distractions like television or smartphones during meals to fully engage with the eating experience.

Planning your meals ahead of time can help you make healthier food choices and avoid the temptation of fast food or processed snacks. Prepare balanced meals that include a mix of macronutrients and pack nutritious snacks for busy days.

Staying hydrated is a key component of good nutrition. Water is essential for digestion, nutrient absorption, and overall bodily functions. Aim to drink at least 8 glasses of water a day, and more if you are physically active or in hot weather.

While it's important to eat healthily, it's also essential to allow yourself occasional treats. Practising moderation rather than restriction can prevent feelings of deprivation and help you maintain a balanced relationship with food.





MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST

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NOTES:

SLEEP TRACKER

HOURS SLEPT:

1	○	○	○	○	○	○	○	○	○	○	○
2	○	○	○	○	○	○	○	○	○	○	○
3	○	○	○	○	○	○	○	○	○	○	○
4	○	○	○	○	○	○	○	○	○	○	○
5	○	○	○	○	○	○	○	○	○	○	○
6	○	○	○	○	○	○	○	○	○	○	○
7	○	○	○	○	○	○	○	○	○	○	○
8	○	○	○	○	○	○	○	○	○	○	○
9	○	○	○	○	○	○	○	○	○	○	○
10	○	○	○	○	○	○	○	○	○	○	○
11	○	○	○	○	○	○	○	○	○	○	○
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13	○	○	○	○	○	○	○	○	○	○	○
14	○	○	○	○	○	○	○	○	○	○	○
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31	○	○	○	○	○	○	○	○	○	○	○

BEDTIME ROUTINE:

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

SLEEP GOALS:

GRATITUDE JOURNAL

MORNING

NIGHT

HOW I'LL MAKE TODAY GREAT

GOOD THINGS I DID TODAY

I AM GRATEFUL FOR

HOW I CAN IMPROVE

WHAT I'M EXCITED ABOUT TOMORROW

RANDOM ACTS OF KINDNESS

WHAT DID I DO?

WHO FOR?

WHY I DID IT

HOW I FELT AFTERWARDS

DECLUTTERING TRACKER

THE ITEM	BIN	DONATE	KEEP	SELL

SKINCARE PRODUCTS

SKINCARE PRODUCTS	RATING
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10
	/10

MY FAVOURITE SKINCARE PRODUCTS

SKINCARE ROUTINE

MORNING

	MON	TUE	WED	THUR	FRI	SAT	SUN
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
	○	○	○	○	○	○	○
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	○	○	○	○	○	○	○

EVENING

	MON	TUE	WED	THUR	FRI	SAT	SUN
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	○	○	○	○	○	○	○
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UNDERSTANDING STRESS



Stress is a common experience that affects everyone at some point in their lives. While a certain level of stress can be motivating and even beneficial, chronic stress can have significant negative impacts on both physical and mental health. Understanding how stress affects your body and learning ways to manage it are crucial for maintaining overall well-being.

Physical Health
When you experience stress, your body goes into "fight or flight" mode, releasing hormones like adrenaline and cortisol. These hormones prepare your body to respond to a perceived threat. While this response can be helpful in short bursts, chronic stress keeps your body in a constant state of alert, which can lead to numerous health issues. Prolonged exposure to stress hormones can weaken the immune system, making you more susceptible to illnesses. It can also contribute to conditions such as high blood pressure, heart disease, digestive problems, and chronic pain.

Mental Health
Stress also takes a toll on mental health. Chronic stress can lead to anxiety, depression, and other mental health disorders. It affects cognitive functions such as memory, attention, and decision-making. Stress can also interfere with sleep, leading to insomnia or poor sleep quality, which in turn exacerbates mental health issues. Over time, unmanaged stress can significantly reduce your quality of life and hinder your ability to function effectively in daily activities.

Identify Stressors
The first step in managing stress is to identify the sources of stress in your life. Take some time to reflect on what triggers your stress, whether it's work, relationships, financial issues, or other factors. Once you identify the stressors, you can start to address them more effectively.
Develop Healthy Coping Mechanisms Healthy coping mechanisms are essential for managing stress. These can include:

- Exercise: Physical activity is one of the most effective ways to combat stress. It releases endorphins, which are natural mood lifters.
- Mindfulness and Meditation: Practising mindfulness or meditation can help you stay present and reduce anxiety.
- Deep Breathing: Simple deep breathing exercises can help calm your nervous system and reduce stress levels.

UNDERSTANDING STRESS







- Hobbies and Leisure Activities: Engaging in activities you enjoy can provide a much-needed break from stress and help you relax.

Maintain a Healthy Lifestyle
A healthy lifestyle can significantly reduce stress. Ensure you are getting adequate sleep, eating a balanced diet, and staying hydrated. Avoid excessive caffeine and alcohol, as these can exacerbate stress.

Time Management
Effective time management can help reduce stress by preventing last-minute rushes and overwhelming workloads. Prioritise tasks, break them into manageable chunks, and delegate when possible. Setting realistic goals and learning to say no when necessary are also crucial for managing stress.

Social Support
Having a strong support network can make a big difference in managing stress. Reach out to friends, family, or a counsellor when you need to talk. Sometimes, simply sharing your concerns with someone who listens and understands can alleviate a significant amount of stress.

Relaxation Techniques
Incorporate relaxation techniques into your daily routine. This can include activities like yoga, tai chi, or simply spending time in nature. Taking regular breaks throughout the day to relax and recharge is also important.

Professional Help
If stress becomes overwhelming and unmanageable, seeking professional help is crucial. A therapist or counsellor can provide you with strategies and tools to cope with stress more effectively.

THERAPY NOTES

THINGS I WANT TO COVER

RECENT LIFE EVENTS

TOPICS TO REVISIT

OVERALL THOUGHTS / FEELINGS

WHAT PROGRESS HAVE I MADE THIS WEEK?

BREATH AWARENESS

Breath awareness is a foundational mindfulness practice that can help you cultivate greater focus, calm, and emotional balance. Follow these step-by-step instructions to engage in this simple yet effective exercise.

Step 1: Find a Comfortable Position
Choose a quiet place where you won't be disturbed. Sit comfortably in a chair or on the floor with your back straight, but not rigid. Rest your hands on your knees or in your lap. You can also lie down if sitting is uncomfortable, but be mindful that you don't fall asleep.

Step 2: Settle In
Take a few moments to settle into your chosen position. Close your eyes if you feel comfortable, or softly gaze at a spot on the floor in front of you. Allow your body to relax, releasing any tension in your shoulders, neck, and jaw.

Step 3: Begin with Deep Breaths
Start by taking three deep breaths. Inhale slowly and deeply through your nose, filling your lungs completely. Hold the breath for a moment, then exhale slowly through your mouth, releasing all the air. As you breathe out, imagine letting go of any stress or tension.

Step 4: Focus on Your Natural Breath
Allow your breath to return to its natural rhythm. Bring your attention to the sensation of your breath as it enters and leaves your body. Notice the coolness of the air as you inhale and the warmth as you exhale. Pay attention to the rise and fall of your chest or the subtle movement of your abdomen.

Step 5: Observe Without Judgment
As you focus on your breath, simply observe the sensations without trying to change or control them. It's normal for your mind to wander or for thoughts to arise. When this happens, gently acknowledge the distraction and then return your focus to your breath.

BREATH AWARENESS

Step 6: Use an Anchor Phrase (Optional)
If you find it helpful, you can use a simple phrase to anchor your attention. Silently say "in" as you inhale and "out" as you exhale. This can help you maintain your focus and bring your mind back to the breath when it wanders.

Step 7: Continue for a Set Period
Continue this practice for a set period, starting with five minutes and gradually increasing the time as you become more comfortable. Set a timer if needed, so you don't have to worry about the clock.

Step 8: Gently Transition Back
When your practice time is up, take a few moments to gradually transition back to your surroundings. Take a deep breath, wiggle your fingers and toes, and gently open your eyes. Notice how you feel and take a moment to appreciate the time you've dedicated to your well-being.

Step 9: Reflect on Your Experience
After completing the exercise, spend a few minutes reflecting on your experience. Notice any changes in your mood, stress levels, or physical sensations. You can jot down your observations in a journal to track your progress over time.

By regularly practicing breath awareness, you can develop a deeper connection to the present moment and cultivate a greater sense of calm and focus. This simple exercise can be a powerful tool for managing stress and enhancing overall well-being.





BREATH AWARENESS

The Breath Awareness Exercise is designed to help you anchor your attention in the present moment by focusing on your breath. This simple yet powerful practice can reduce stress, enhance concentration, and promote a sense of calm. By regularly engaging in breath awareness, you can develop greater mindfulness and emotional balance.

WHAT WAS I FREQUENTLY DISTRACTED BY?

HOW DID I FEEL?	HOW TO IMPROVE NEXT TIME

BODY SCAN MEDITATION

The Body Scan Meditation is a powerful mindfulness practice that promotes relaxation and body awareness by systematically focusing attention on different parts of the body. Follow these detailed steps to engage in this soothing and grounding exercise.

Step 1: Find a Comfortable Position
Choose a quiet place where you won't be disturbed. Lie down on your back on a comfortable surface, such as a yoga mat or bed, with your legs uncrossed and arms resting by your sides. If lying down is uncomfortable, you can sit in a chair with your back straight and your feet flat on the floor. Close your eyes if you feel comfortable, or softly gaze at a spot on the ceiling or floor.

Step 2: Settle In
Take a few moments to settle into your chosen position. Allow your body to relax, releasing any tension in your muscles. Take a few deep breaths, inhaling deeply through your nose and exhaling slowly through your mouth. With each exhale, imagine letting go of any stress or tension.

Step 3: Begin with Deep Breaths
Start by taking three deep breaths. Inhale slowly and deeply through your nose, filling your lungs completely. Hold the breath for a moment, then exhale slowly through your mouth, releasing all the air. As you breathe out, allow your body to sink deeper into relaxation.

Step 4: Focus on Your Feet
Begin the body scan by bringing your attention to your feet. Notice any sensations in your toes, the soles of your feet, and your heels. Observe feelings of warmth, coolness, tingling, or pressure. If you don't notice any particular sensations, that's perfectly fine. Simply acknowledge whatever is present.

Step 5: Move Up Through the Body
Gradually move your attention up through your body, spending a few moments on each area. Progress in the following order:

1. Legs: Focus on your ankles, calves, knees, and thighs. Notice any sensations or lack thereof.
2. Pelvic Area: Bring your attention to your hips, pelvis, and lower back. Observe any tension or discomfort.
3. Abdomen and Chest: Notice the rise and fall of your abdomen and chest with each breath. Pay attention to any sensations in these areas.
4. Back: Move your focus to your lower, middle, and upper back. Notice any areas of tightness or relaxation.
5. Hands and Arms: Bring your attention to your fingers, palms, wrists, forearms, and upper arms. Observe any sensations or feelings of relaxation.
6. Shoulders and Neck: Focus on your shoulders and neck, areas that often hold tension. Notice any tightness or ease.
7. Head and Face: Finally, bring your attention to your head, scalp, forehead, temples, eyes, cheeks, jaw, and mouth. Observe any sensations and allow your face to relax completely.

BODY SCAN MEDITATION

Step 6: Observe Without Judgement
As you focus on each part of your body, simply observe the sensations without trying to change or control them. It's normal for your mind to wander or for thoughts to arise. When this happens, gently acknowledge the distraction and then return your focus to the body part you were observing.

Step 7: Use Visualisation (Optional)
If you find it helpful, you can use visualisation to enhance your body scan. Imagine a warm, soothing light or a wave of relaxation flowing through each part of your body as you focus on it. Visualise this light or wave melting away any tension or discomfort.



Step 8: Continue for a Set Period
Continue this practice for a set period, starting with 10 to 15 minutes and gradually increasing the time as you become more comfortable. Set a timer if needed, so you don't have to worry about the clock.

Step 9: Gently Transition Back
When your practice time is up, take a few moments to gradually transition back to your surroundings. Take a deep breath, wiggle your fingers and toes, and gently open your eyes. Stretch your body gently if needed and notice how you feel.



Step 10: Reflect on Your Experience
After completing the exercise, spend a few minutes reflecting on your experience. Notice any changes in your mood, stress levels, or physical sensations. You can jot down your observations in a journal to track your progress over time.

By regularly practising the Body Scan Meditation, you can develop a deeper connection to your body, release built-up tension, and cultivate a greater sense of relaxation and well-being. This practice can be a valuable tool for managing stress and enhancing overall mindfulness.

BODY SCAN MEDITATION

BODY PART	SENSATION(S) I FELT

BODY SCAN MEDITATION

TENSE AREAS OF MY BODY	RELAXED AREAS OF MY BODY

MINDFUL EATING

The Mindful Eating Exercise is designed to help you develop a deeper awareness of your eating habits and fully appreciate the sensory experience of eating. Follow these detailed steps to engage in this mindful practice.

Step 1: Choose a Small Piece of Food
Select a small piece of food for this exercise. It can be a piece of fruit, a nut, a piece of chocolate, or any other small item that you enjoy. Place it in front of you and take a moment to appreciate its appearance.

Step 2: Observe the Food
Before you eat, take a close look at the food. Notice its colour, shape, texture, and any other details. Observe the way light reflects off its surface and any variations in its appearance. Try to see it as if you are seeing it for the first time.

Step 3: Smell the Food
Bring the food up to your nose and inhale its aroma. Notice any scents and how they make you feel. Does the smell trigger any memories or emotions? Take a moment to fully appreciate the fragrance of the food before moving on.

Step 4: Touch the Food
Feel the texture of the food with your fingers. Is it smooth, rough, soft, or hard? Notice any details that you might not usually pay attention to. This tactile exploration helps you connect more deeply with the food.

Step 5: Take a Small Bite
Take a small bite of the food, but don't chew it immediately. Let it sit in your mouth and notice the initial sensations. Pay attention to the texture and any immediate flavours that come through. How does it feel against your tongue and the roof of your mouth?

Step 6: Savour the Flavour
Begin to slowly chew the food, noticing how the flavours develop and change as you chew. Pay attention to the sensations in your mouth, the release of different tastes, and the changes in texture. Try to chew each bite thoroughly before swallowing.

Step 7: Notice Your Reactions
Observe your reactions to the food. How does it make you feel? Are you enjoying the experience? Are there any thoughts or emotions that come up as you eat? Simply notice these reactions without judgement.

Step 8: Swallow Mindfully
When you are ready, swallow the food, paying attention to the sensation of swallowing and the movement of the food down your throat. Notice how your body responds to the act of swallowing.

MINDFUL EATING

WHAT COULD I TASTE?

WHAT COULD I SEE?

WHAT COULD I FEEL?

WHAT COULD I HEAR?

WHAT COULD I SMELL?

MINDFUL EATING

DESCRIBE THE SMELL / SCENT OF THE FOOD

DESCRIBE THE DIFFERENT FLAVOURS OF THE FOOD

DESCRIBE THE TEXTURE OF THE FOOD

DESCRIBE WHAT THE FOOD LOOKS LIKE

EMOTIONAL AWARENESS

The Emotional Awareness Exercise is designed to help you develop a deeper understanding of your emotions by noticing them as they arise, labelling them, and observing their effects on your body and mind. Follow these detailed steps to engage in this mindful practice.

Step 1: Find a Quiet Space
Choose a quiet and comfortable place where you won't be disturbed. Sit in a chair with your back straight, feet flat on the floor, and hands resting in your lap. You can also sit cross-legged on a cushion if you prefer. Close your eyes if you feel comfortable, or softly gaze at a spot on the floor in front of you.

Step 2: Settle In
Take a few moments to settle into your chosen position. Allow your body to relax and release any tension in your muscles. Take a few deep breaths, inhaling deeply through your nose and exhaling slowly through your mouth. With each exhale, imagine letting go of any stress or tension.

Step 3: Focus on Your Breath
Begin by focusing on your breath. Notice the sensation of the air entering and leaving your body. Allow your breath to flow naturally without trying to change it. Use your breath as an anchor to bring your awareness to the present moment.

Step 4: Notice Emotions as They Arise
As you sit quietly, turn your attention to your inner experience and notice any emotions that arise. Emotions might come in the form of physical sensations, thoughts, or overall feelings. Observe whatever arises without trying to change or judge it.

Step 5: Label the Emotions
When an emotion arises, try to label it with a simple word or phrase. For example, you might label an emotion as "anger," "sadness," "joy," or "anxiety." Labelling helps you to acknowledge the emotion and create a bit of distance from it, allowing you to observe it more objectively.



EMOTIONAL AWARENESS



Step 6: Observe the Effects on the Body
Notice how the emotion affects your body. Are there any physical sensations associated with it, such as tension, warmth, tightness, or lightness? Pay attention to where you feel these sensations in your body and observe them without trying to change them.

Step 7: Observe the Effects on the Mind
Next, observe how the emotion affects your mind. Are there specific thoughts or mental images that accompany the emotion? Notice the quality of your thoughts—are they fast, slow, repetitive, or scattered? Again, observe without judgement.

Step 8: Stay Present with the Emotion
Allow yourself to stay present with the emotion for a few moments. Accept the emotion as it is, without trying to push it away or hold onto it. Simply observe and experience it with an attitude of curiosity and openness.

Step 9: Return to Your Breath
After spending some time with the emotion, gently return your focus to your breath. Use your breath to ground yourself back in the present moment. Notice how your body and mind feel after observing the emotion.

Step 10: Reflect on Your Experience
When you are ready, open your eyes and take a few moments to reflect on your experience. How did it feel to notice and label your emotions? What did you observe about the effects of emotions on your body and mind? You can jot down your reflections in a journal to deepen your emotional awareness practice.

By regularly practising the Emotional Awareness Exercise, you can develop a better understanding of your emotions, improve your emotional regulation, and enhance your overall well-being. This exercise can be a valuable tool for managing stress and fostering a greater sense of inner peace.

EMOTIONAL AWARENESS

EMOTION	LABEL

MINDFULNESS JOURNAL

TODAY I NOTICED...

TODAY I FELT...

INSIGHTS / OBSERVATIONS I NOTICED...

SELF-HELP PODCASTS

PODCAST TITLE	CREATOR NAME	TOPIC / SUBJECT

SELF-HELP BOOKS

BOOK TITLE	WHAT IS IT ABOUT?

SELF-HELP VIDEOS

VIDEO TITLE	CREATOR	WHAT IS IT ABOUT?

SELF-HELP BOOKS

BOOK TITLE	AUTHOR

KEY INSIGHTS

SUMMARY

IMPORTANT LESSONS

SELF-HELP VIDEOS

VIDEO TITLE	CREATOR

KEY INSIGHTS

SUMMARY

IMPORTANT LESSONS

SELF REFLECTION

What are my core values, and how do they influence my decisions?

SELF REFLECTION

What are my biggest strengths and how can I use them more effectively?

SELF REFLECTION

What areas of my life need more attention or improvement?

SELF REFLECTION

What are my long-term goals, and what steps am I taking to achieve them?

SELF REFLECTION

What are my most significant accomplishments, and how did they shape who I am today?

SELF REFLECTION

How do I define success, and do I feel successful based on that definition?

SELF REFLECTION

What habits do I want to develop, and which ones do I need to let go of?

SELF REFLECTION

How do I practise self-care, and what new self-care activities can I incorporate into my routine?

SELF REFLECTION

What role does forgiveness play in my life, and who do I need to forgive, including myself?

SELF REFLECTION

How do I balance work and personal life, and what changes can I make to improve this balance?

SELF REFLECTION

What does my ideal life look like, and what steps am I taking to move towards it?

NOTES