
SELF CARE WORKBOOK

For the Holidays

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INTRODUCTION

Understanding Self-Care and Its Importance

Self-care is a term used to describe actions individuals take to maintain their physical, mental, and emotional well-being. It encompasses various practices, including getting enough rest, eating healthy, exercising regularly, managing stress, and finding time for hobbies and activities that provide joy and fulfillment. Practicing self-care is crucial because it enables people to maintain equilibrium and deal with daily stressors and obstacles proactively.

Here are some reasons why self-care is essential:

- Physical health: Engaging in self-care practices such as exercise, nutrition, and rest can help individuals feel their best and sustain their overall health and well-being.
- Mental health: Incorporating self-care activities such as meditation, mindfulness, and stress management can help individuals maintain good mental health and reduce their risk of developing mental health conditions such as anxiety and depression.



ASSESSING YOURSELF

Physical Self Care

	Y	N
Got Enough Sleep	☐	☐
Eat healthy	☐	☐
Balanced Diet	☐	☐
Get Regular Exercise	☐	☐
See a Healthcare Provider when needed	☐	☐

NOTE:

Mental Self Care

	Y	N
Take time to relax	☐	☐
Joy and Fulfillment in activities	☐	☐
Support System	☐	☐
Practice Mindfulness	☐	☐
Stay present in the moment	☐	☐

NOTE:

Social Self Care

	Y	N
Strong and Supportive Relationship with friends and family	☐	☐
Make time for social activity	☐	☐
Set Boundaries	☐	☐
Say no when necessary	☐	☐

NOTE:

Spiritual Self Care

	Y	N
Have a sense of purpose and meaning in your life	☐	☐
Practice self-reflection and mindfulness	☐	☐
Have a sense of connection to something larger than yourself	☐	☐

NOTE:

SELF-CARE STRATEGIES

The Importance of Planning Ahead When Overwhelmed or in Crisis

Planning ahead may seem like a daunting task when you're overwhelmed or in crisis, but it can provide valuable insight into the most sustainable options for recharging your batteries. Even taking small proactive steps to care for yourself each day can better prepare you for unforeseen circumstances or challenges that may arise.

THINGS I CAN DO EACH DAY
THAT WILL MAKE ME FEEL GOOD
ABOUT MYSELF

WHAT I SHOULD SAY TO MYSELF
WHEN I AM HAVING A DIFFICULT
TIME

WHAT I SHOULD AVOID DOING
WHEN I AM HAVING A HARD DAY

WHAT I CAN DO (THAT IS GOOD
FOR ME) WHEN I FEEL
OVERWHELMED OR UPSET

SELF-CARE IN PRACTICE

Incorporating Effective Stress Management Techniques into Your Daily Routine

Research indicates that several factors – such as relaxation skills, food choices, physical activity, and spirituality/connection – can have an impact on your overall health and well-being. By making a conscious effort to address these areas, you can manage stress and improve your quality of life. Begin by considering your personal values, priorities, resources, and lifestyle, and jot down the techniques that would work best for you. Here are some options to consider: (1) Practicing relaxation techniques such as deep breathing exercises or meditation (2) Making healthy food choices (3) Engaging in physical activities that you enjoy (4) Fostering a sense of spirituality or connection through community involvement, volunteering, or spending time in nature.

RELAXATION PRACTICE

DIFFICULT FOR ME

FOOD CHOICES

DIFFICULT FOR ME

PHYSICAL ACTIVITY

DIFFICULT FOR ME

CONNECTION/SPIRITUALITY

DIFFICULT FOR ME

SEEKING SUPPORT

Ways to Find Support When Overwhelmed or Struggling with Mental Health

It's important to seek support when you're feeling overwhelmed or struggling with your mental or emotional well-being. Here are a few ways to find help:

- ****Talk to a loved one:**** Sharing your feelings with a trusted friend or family member can be an excellent way to receive support. They can lend an ear, offer advice, and be there for you when you need someone to talk to.
- ****See a therapist:**** A therapist can help you work through your emotions and challenges in a secure and supportive environment. Look for therapists in your locality by searching online directories or through your insurance provider.
- ****Join a support group:**** Support groups provide an excellent opportunity to connect with others who are going through similar experiences. You can find support groups in your area by searching online or through local organizations.
- ****Reach out to a helpline:**** Many helplines are available to offer support and resources if you're feeling overwhelmed or struggling with your mental health.

Remember, it's perfectly okay to ask for help when you need it. Seeking support is a sign of strength and can be crucial in taking care of yourself.



CONCLUSION

The Importance of Self-Care for Your Well-Being

Taking care of your physical, mental, and emotional needs is vital for your well-being. Self-care is the practice of relaxing and rejuvenating yourself. It can be achieved through various methods, including getting enough sleep, exercising regularly, practicing mindfulness, and engaging in activities that bring you joy. It's also crucial to have a support system, whether it's a loved one, a therapist, or a support group. By incorporating self-care into your daily routine and seeking help when necessary, you can maintain your overall well-being and feel more balanced and content.



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TAKE time for your SELF

Get in touch



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