

Self-Care Wheel

Self-Care Wheel · workbook



Research-informed use. Self-compassion practices are promising supports, not cures. Self-care does not substitute for medical care, supervision, workload change, safety, or social and organizational support.

ABOUT THIS RESOURCE

The pages that follow reproduce the original handout exactly as published, placed inside the library frame. Nothing has been re-typed, reflowed or reconstructed, so worksheets, diagrams and forms print as designed. The header of each page names the source page it carries.

AT A GLANCE

AUDIENCE	Client Resource
PAGES	71 in this edition · 70 original pages

SELF-CARE Wheel

Self-care is an essential survival skill. Self-care refers to things we practice or engage in regularly to reduce stress and maintain or enhance our physical and mental well-being. Self-care is anything you do for yourself that makes yourself feel better or cared for can be considered self-care.

This self-care wheel identifies various aspects of self-care that offer a simple action plan to manage stress and help you lead a more balanced everyday life.

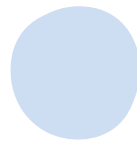




SIGNS OF BURNOUT



Headaches



Feeling detached



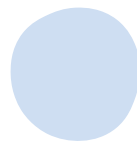
Stomachaches
/intestinal issues



Reduced
performance



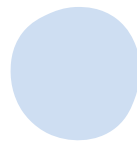
Fatigue



Withdrawal or
isolation



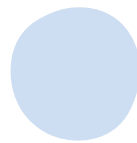
Frequent
illness



Procrastination



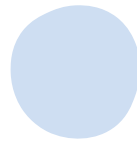
Changes in
appetite/sleep



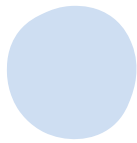
Outbursts



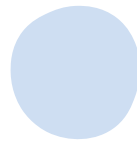
Helplessness



Using substances
to cope



Sense of failure
or self-doubt



Cynicism



Decreased
satisfaction

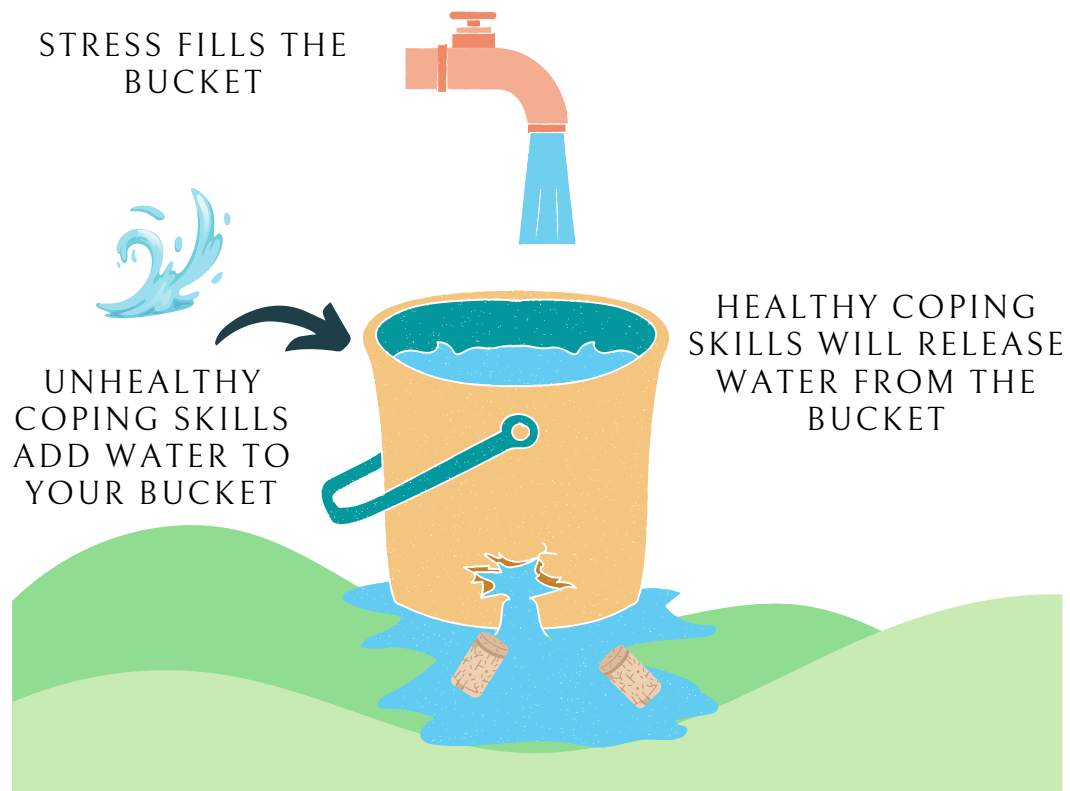


Sadness, anger or
irritability





STRESS BUCKET



STRESS EXAMPLES:

Work, relationships, conflict, grief and loss, tests and exams, health, depression, anxiety, children, financial, moving houses.

HEALTHY COPING SKILLS EXAMPLES:

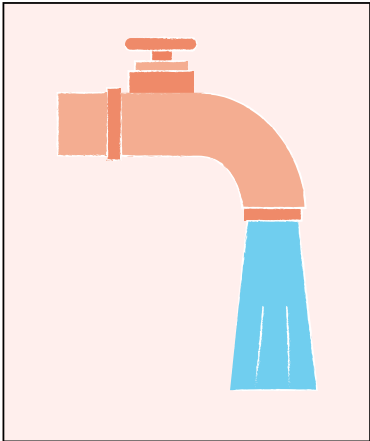
Sleep, nutrition, relaxation, exercise, socializing, reading, mindfulness, swimming, yoga, meditation.

UNHEALTHY COPING SKILLS EXAMPLES:

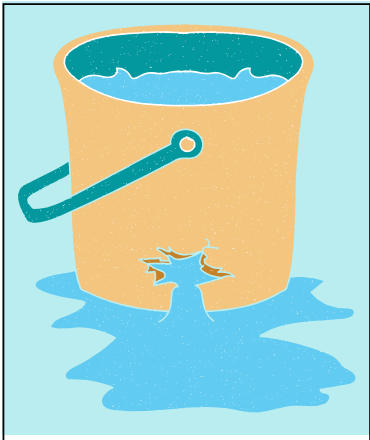
Alcohol, drugs, gambling (anything that gives you short term relief, but causes you more harm or trouble in the long term).



STRESS BUCKET



What fills your bucket?



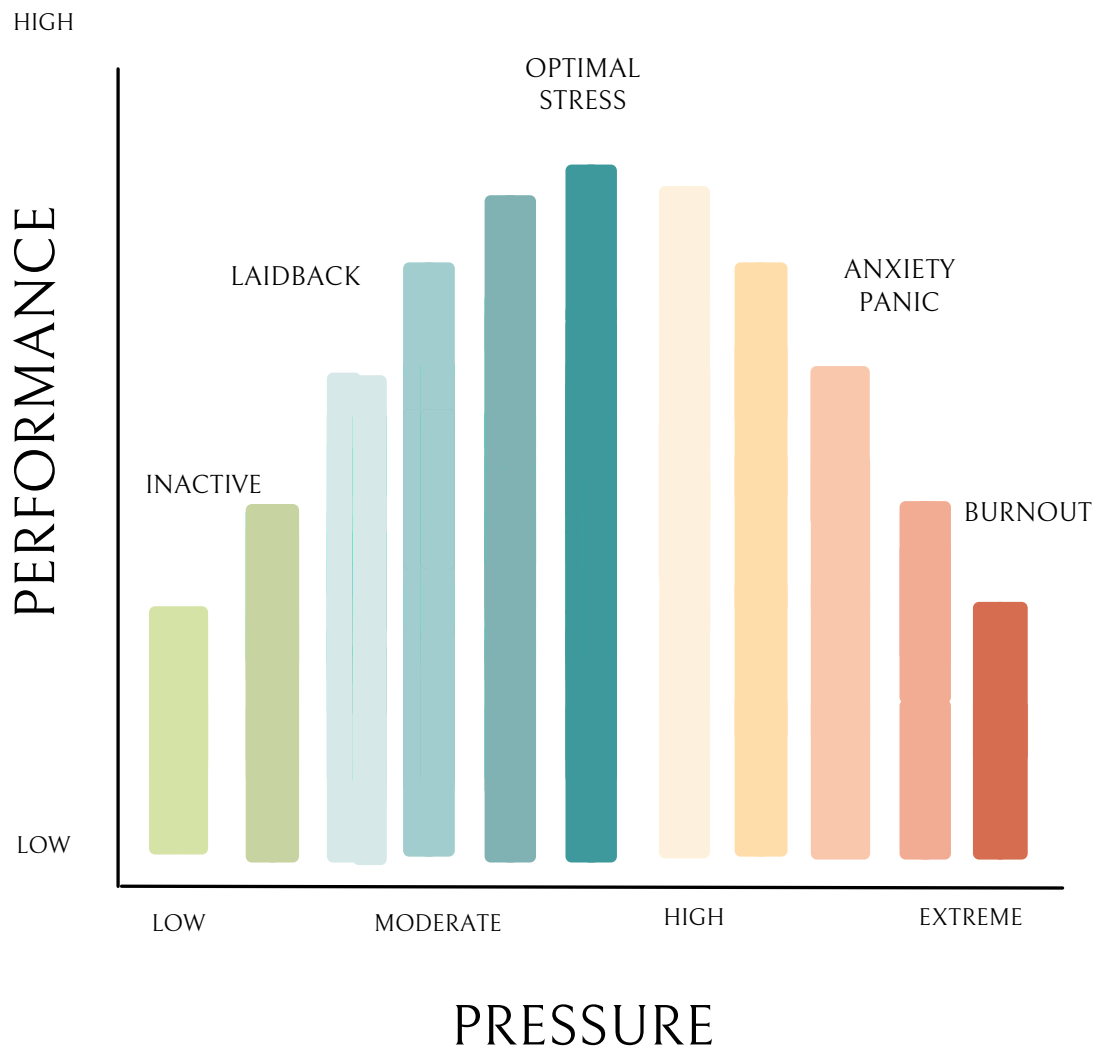
Healthy coping skills



Unhealthy coping skills

THE STRESS CURVE

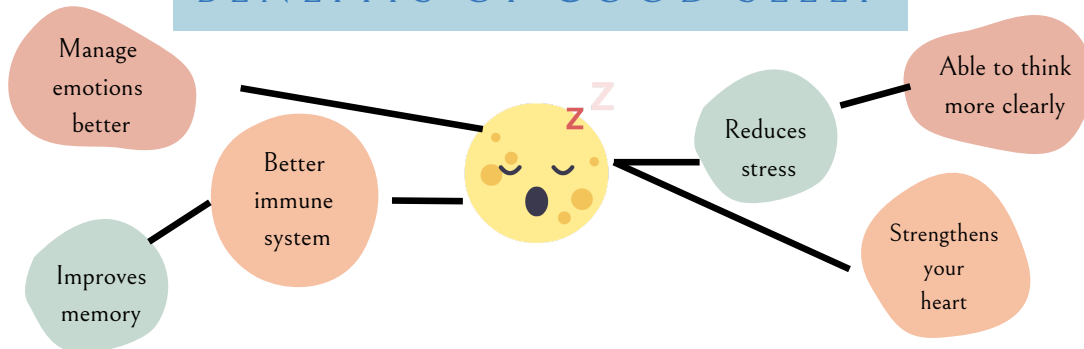
CHECK IN WITH YOUR STRESS LEVELS
BEFORE YOU BURNOUT



SLEEP

There is a close connection between sleep and mental health, as inadequate sleep is associated with an increase in frequent mental distress. Conversely, a good night's sleep helps foster cognitive and emotional resilience. It is recommended that healthy adults need between 7 and 9 hours of sleep per night.

BENEFITS OF GOOD SLEEP



TIPS FOR BETTER SLEEP

Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

Be Careful With Naps: It is important to use caution with naps. If you nap for too long or too late in the day, it can throw off your sleep schedule.

Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.

Don't consume caffeine late in the day. Caffeine can significantly worsen sleep quality, especially if you drink large amounts in the late afternoon or evening.

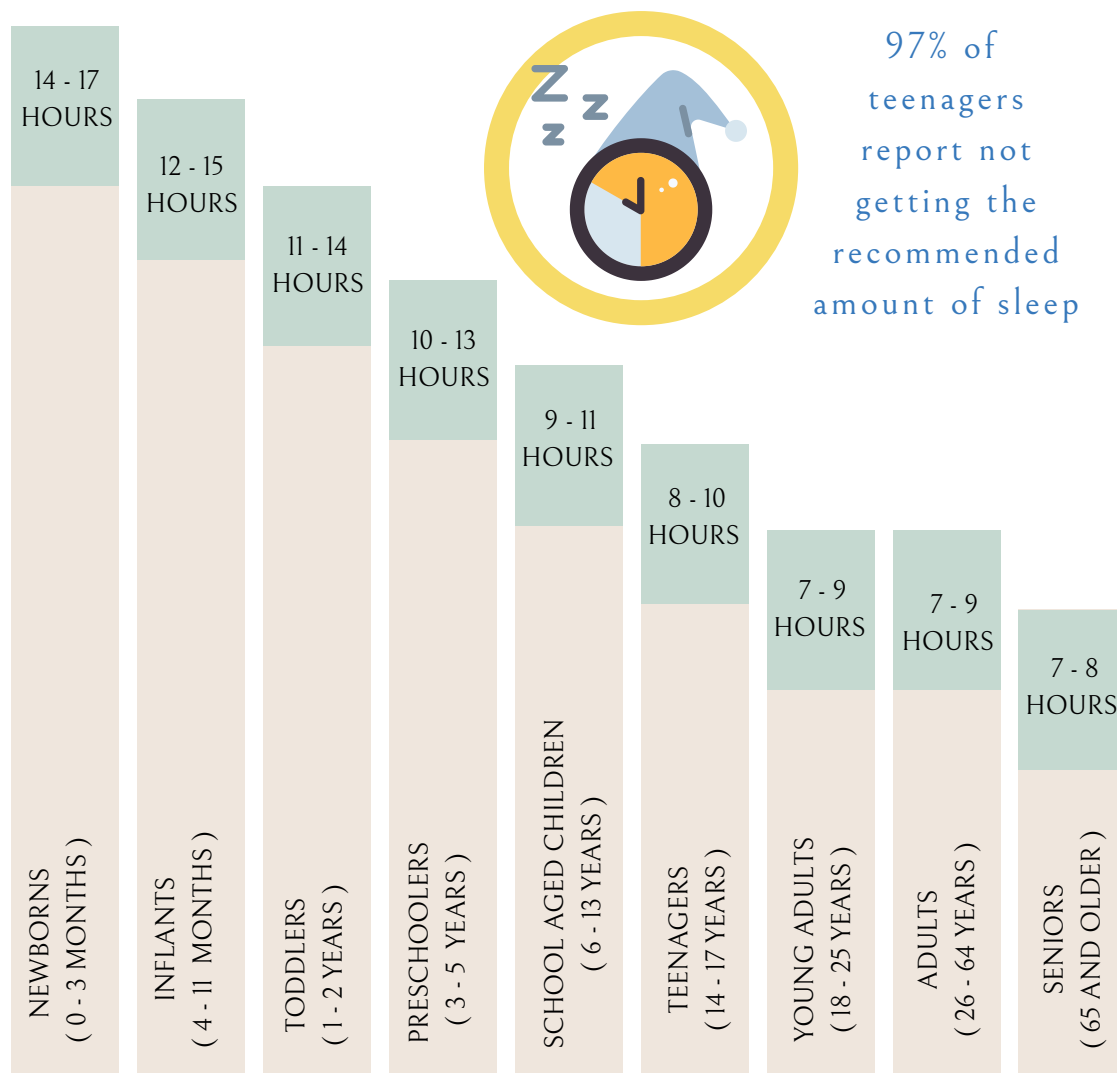
Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.

Introduce Pleasant Aromas: A light scent that you find calming can help ease you into sleep.



HOW MUCH SLEEP IS ENOUGH?

Sleep is an essential function that allows your body and mind to recharge, leaving you feeling more alert, energetic, and better able to concentrate and perform your daily tasks. People often need clarification on how much sleep they should be getting, as sleeping too much or too little can adversely affect your health. For example, chronic sleep deprivation can contribute to high blood pressure, diabetes, heart attack, heart failure, or stroke. On the other hand, too much sleep is associated with many health problems, such as diabetes, heart problems, and mental health disorders.





SLEEP HYGIENE REFLECTIVE QUESTIONS

What is sleep hygiene?

'Sleep hygiene' refers to implementing healthy habits in a bedroom environment and daily routines that promote consistent, uninterrupted sleep. Your behaviors during the day and not just before bed can affect how well you sleep.

Below are some reflective questions to ask yourself about your sleep hygiene. Then, spend some time reflecting on your answers and what you can do to develop better sleep hygiene habits.

How many hours of sleep do you average a night?

What time do you go to bed and wake up?

Are you consistent in going to bed at the same time each night?

Before bedtime, do you relax or do work?

How do you fall asleep at night, for example, do you read or watch television in bed?



REFLECTIVE QUESTIONS CONTINUED

What do you do if you cannot fall asleep?

If you wake up in the middle of the night, do you fall back to sleep easily?

Do you get enough sleep? If not, what stops you from sleeping enough?

Do you need medication to help you sleep?

Do you have pain that interferes with sleep?

Do you have frequent nightmares?

Do you feel refreshed in the morning when you wake up?



REFLECTIVE QUESTIONS CONTINUED

Do you nap during the day? If so, does this affect your night time sleep? How?

If you shower just before bed, does it help you fall asleep?

Do you exercise during the day? If so, does this have any impact on your sleep that night?

Do you have a comfortable bed?

How close to going to bed do you eat?

Do you drink coffee in the late afternoon or evening?

Do you start thinking about all the things you need to do the next day as you are going to bed?



WHAT DID I DO BEFORE I WENT TO BED

TICK OFF ANYTHING THAT YOU DID BEFORE YOU WENT TO BED TO HELP
TRACK WHAT SLEEPING HABITS WORK FOR YOU.

	MON	TUE	WED	THU	FRI	SAT	SUN
READ A BOOK 							
HAD A BATH/SHOWER 							
WATCHED A MOVIE 							
USED MY PHONE/IPAD 							
ATE DESSERT 							
DID WORK - EMAILS 							
LISTENED TO MUSIC 							
HAD A HOT DRINK 							
ENGAGED IN MINDFULNESS 							
DID EXERCISE 							
ATE A MEAL 							



RULES OF HEALTHY SLEEP

It doesn't have to ruin your life if you are having trouble getting to sleep or even staying asleep. Instead, consider the things you can control and incorporate these healthy sleep habits into your bedtime routine to make sleep deprivation a thing of the past.

DON'T

CONSUME CAFFEINE
CLOSE TO BEDTIME



DO

SWITCH TO DE
CAFFIENATED
DRINKS OR WATER

OVER EAT



TRY EATING DINNER 2
HOURS BEFORE BEDTIME

WATCH HORROR OR
ACTION MOVIES



READ A BOOK

USE YOUR PHONE OR
ANYTHING THAT HAS
BLUE LIGHT



ENGAGE IN GROUNDING
EXERCISES

ENGAGE IN HARD
EXERCISE RIGHT
BEFORE BEDTIME



EXERCISE
THROUGHOUT THE
DAY

START OVER THINKING
ABOUT THE NEXT DAY



TRY MEDITATION

TAKE LONG DAY NAPS



GO TO BED AT THE SAME
TIME EACH NIGHT





MINDFULNESS

Goal= get to know sensations. Paying attention to different parts, gradually, top to bottom. Scanning brings awareness to every detail and sensation. You can identify the points of your body causing you tension.

Sit comfortably and breathe in and out slowly. The aim of this exercise is to notice how each part of your body feels.

Start at the top of your head, can you feel your hair? What does it feel like? Is it rubbing on your face? have you got a hat on? Can you feel your hair tie?

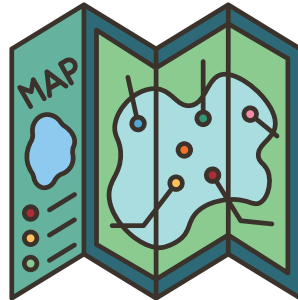
Start to make your way down to your shoulders, can you feel any tension in your shoulder area? Do you feel tight? Take a deep breath and try to loosen your shoulders and neck. Do a few neck stretches, turn your head to the left and slowly to the right.

Breathe in and out and repeat until you feel calm again.





YOUR PEACEFUL PLACE



Could you take a moment to sit back and relax? Gently close your eyes and breathe deeply into your abdomen. Feel yourself in your body right now at this moment. As you breathe, allow your body to completely and fully relax. Stress is flowing out of you with each breath. Your body is becoming limp and comfortable.

Let the tension in your brow go. Let the tension in your lips go. Let the pressure in your eyes go.

Once you feel completely relaxed and centered, bring yourself to one of your favorite, peaceful, beautiful places. This could be a place you've been before, like a silent redwood grove with cool shade and towering ancient trees that protect you in their mammoth embrace or a white sand beach where the ocean waves gently lap the shore, and the smell of the sea makes you feel at home. On the other hand, it could be a place built entirely in your imagination, a lovely, slowly swaying bridge that you stand on, watching a babbling brook flow away beneath it, or an ancient oak in the autumn, something out of an old legend, or golden leaves fall around you as you sit under the shade and watch the golden orange sun pass over the horizon into twilight.



SLEEP TRACKER

DAY	WHEN I SLEPT	DURATION	NAPPED	QUALITY
01			☐	
02			☐	
03			☐	
04			☐	
05			☐	
06			☐	
07			☐	
08			☐	
09			☐	
10			☐	
11			☐	
12			☐	
13			☐	
14			☐	
15			☐	

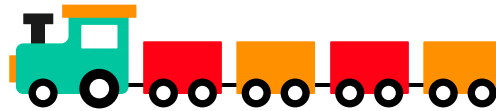


SLEEP TRACKER

DAY	WHEN I SLEPT	DURATION	NAPPED	QUALITY
16			☐	
17			☐	
18			☐	
19			☐	
20			☐	
21			☐	
22			☐	
23			☐	
24			☐	
25			☐	
26			☐	
27			☐	
28			☐	
29			☐	
30			☐	



A SLEEPY TRAIN



Imagine you are on a relaxing train ride through the beautiful countryside.
You can find a comfortable position and ensure that you won't be disturbed to get a restful sleep.

Begin to let go of all the tension you build up throughout the day.
Any worries you hold onto seem to lose their power and intensity as you settle down for the night.

Feeling cozy, allow your breath to slow down with each breath you take.

A nice full breath in....and slowly exhale.

Letting your breath return to normal now, observe your mind and how it thinks about your life and
your day.

Letting images from your life fade now, bring into your imagination that you are walking towards a
long train parked along the countryside.

The train's engine has stopped at an old station in the middle of nowhere, and the long train
extends into the horizon.

You are walking several sections back, and you notice an open wagon.

You see the workers getting ready to depart, and steam is billowing out from the Engine.

You hop on the open wagon and find it is filled with fresh hay.

You hear the train horn blowing and distant voices calling, "all aboard."

You lay down in the hay, and it is perfectly comfortable.

As the train goes, you watch peacefully out the wagon. You see the beautiful countryside: the tall
green trees, the blue rivers, the birds in the sky.

You can smell the clean, fresh air.

Your eyes become heavy and header to keep open.

You slowly drift off to sleep.





NIGHTMARE PROTOCOL

Nightmares are vividly realistic, disturbing dreams that rattle you awake from a deep sleep and are associated with disturbed sleep and low well-being and affect daytime mood and behavior. Occasionally, individuals can get anxious about their nightmares before they go to bed.

Below is an exercise that can help you manage your nightmares ahead of time.

RELAXATION TECHNIQUES

Before you go to bed each night, try and practice relaxation techniques.

Sleep relaxation techniques aim to achieve physical and mental relaxation, promoting a better night's sleep.

Best sleep relaxation techniques and exercises include meditation, colored noise, deep breathing, progressive muscle relaxation, and visualization.

REOCCURRING NIGHTMARE

Often individuals with PTSD have the same reoccurring nightmare. Think about yours, or what nightmare you would like to work on.

YOUR NEW HAPPY ENDING

Think about your reoccurring nightmare, and before you go to bed, visualize a new happy ending. The recent change should occur before anything traumatic happens in your dream. TIP: The more unusual and out there your difference is, the more effective it will be, such as you giving yourself superpowers.

WRITE IT DOWN

Write down your new dream from start to finish.
Include details, names, places, smells.

VISUALIZE AND PRACTISE

The newly modified script is to be rehearsed daily to remove the fear factor within the nightmares and replace it with something more positive.

Image rehearsal has been shown to have a significant reduction in nightmares and PTSD symptoms.





PHYSICAL MOVEMENT

You probably already know that exercise is good for your body, but did you know that exercise is good for your body? People who engage in physical activity regularly have better mental health and emotional well-being and lower rates of mental illness. In addition, exercise has been shown to make you feel happier, increase confidence, improve sleep, and help decrease anxiety and depression.

By now, you have heard me talk about the 'feel good' chemicals in your brain that make you feel happier. Well, when you exercise, your brain releases more of these chemicals, and you feel more confident, capable, more robust, and less anxious. Endorphins, serotonin, norepinephrine, BDNF, and dopamine are the reward and feel good chemicals; conversely, cortisol and adrenaline are linked to stress and anxiety. So the bottom line is that when you exercise, your brain works behind the scenes to increase the feel-good chemicals and decrease the stress chemicals to help boost your mood; sounds, right?

Take a moment to reflect on your exercise habits. How often do you exercise and what do you do?

People exercise for many different reasons, can you think of any reasons to exercise other than to look or feel good?



Why do people like to exercise?

1 It's a challenge, such as training for a specific event

It's enjoyable and fun such as team sports or dancing

3 It's social, it helps you make friends and connect with other people

People like to feel like they have accomplished something

5 Keeps you physically healthy

Can help reduce pain

7 Increases quality of sleep

Increase your strength

9 Boosts self-esteem and confidence

Boosts self-esteem and confidence

10



EXERCISE AND YOUR MOOD

Many people think they should exercise to look good, and while that is not untrue, there are also many other reasons why people choose to exercise.

But did you know exercise can make you look better almost instantly after your workout?

How can this be true, you say?

Think about it for a moment. Have you ever had a day when you didn't feel great about your body, so you decided to work out, and afterward, you felt better about how you looked?

Why would you feel better about your body image after 1 exercise session, even though your body looks the same as before the workout?

What does the research say?

A study by researchers from the University of British Columbia (UBC) in Canada looked into the potential of physical activity to improve body image. Specifically, the study sought to investigate the effect of a single 30-minute bout of exercise on women's body self-perception.

The study compared two groups of women. Women who worked out improved their body image significantly compared to those who did not exercise. The effect was almost immediate and lasted at least 20 minutes after exercise.

In conclusion, when we exercise, our brain releases feel-good chemicals, and we generate positive thoughts and feelings about our bodies that replace the all too common negative ones we constantly tell ourselves. We all have days when we don't feel great about our bodies. However, his study is an excellent reminder that one way to feel better is to get going and exercise, as the effects can be immediate.



*Exercise not
only changes
your body,
it changes
your mind,
your attitude
and
your mood*



What are some of your reasons to want to exercise?

Is there any form of exercise or sport that you enjoy?

What actions do you need to take to make it happen?

How do you feel after you have exercised?





100 EXERCISE VOCABULARY

1 soccer	26 skateboarding	51 ice skating	76 pole vaulting
2 basketball	27 cycling	52 table tennis	77 tee ball
3 tennis	28 archery	53 aerobics	78 dancing
4 baseball	29 fishing	54 archery	79 gymnastics
5 golf	30 figure skating	55 badminton	80 Pilates
6 running	31 rock climbing	56 canoeing	81 squash
7 volleyball	32 sumo wrestling	57 decathlon	82 hiking
8 badminton	33 taekwondo	58 stand up paddle boarding	83 hurling
9 swimming	34 fencing	59 surf life saving	84 bowling
10 boxing	35 water skiing	60 beach running	85 hurdle
11 table tennis	36 water polo	61 netball	86 netball
12 skiing	37 wakeboarding	62 touch rugby	87 pole vaulting
13 ice skating	38 walking	63 flags	88 touch rugby
14 roller-skating	39 jet skiing	64 volleyball	89 beach volleyball
15 cricket	40 weight lifting	65 surf rescue	90 mixed netball
16 rugby	41 scuba diving	66 dodgeball	91 handball
17 pool	42 judo	67 cheerleading	92 rowing
18 darts	43 wind surfing	68 equestrian	93 karate
19 football	44 kickboxing	69 fencing	94 track n field
20 bowling	45 sky diving	70 Frisbee	95 paddleball
21 ice hockey	46 hang gliding	71 golf	96 mountain biking
22 surfing	47 bungee jumping	72 kite surfing	97 polo
23 karate	48 Yoga	73 lacrosse	98 soft ball
24 horse racing	49 Stretching	74 lawn bowling	99 fly fishing
25 snowboarding	50 defence	75 long jump	100 motocross



WEEKLY WORKOUT

GOALS THIS WEEKS MOTIVATION _____

- _____
- _____
- _____

MONDAY

MOOD AFTER EXERCISE



TUESDAY

MOOD AFTER EXERCISE



WEDNESDAY

MOOD AFTER EXERCISE



THURSDAY

MOOD AFTER EXERCISE



FRIDAY

MOOD AFTER EXERCISE



SATURDAY

MOOD AFTER EXERCISE



SUNDAY

MOOD AFTER EXERCISE



WEEKLY WORKOUT

Date	Type of exercise	Enjoyment /10	Mood before exercise	Mood after exercise



MANAGE YOUR MOOD WITH FOOD

People have often thought of the mind and body as two states separate from each other. It is well known that eating well improves our physical health. However, a growing area of research known as Nutritional Psychiatry shows us a direct link between eating healthy balanced foods and mental health. More specifically, our diet can affect our mood and how we feel.

Have you ever tried to boost your mood with a sugar hit? I'm sure we can put our hands up to that; however, this might seem like a good short-term fix, but it can worsen your low mood.

Food can significantly impact our day-to-day mood changes and mental well-being. This is because when choosing nutritious foods, we provide our body and brain with the building blocks needed to be at our best.

So what foods should you eat to support better mental health?

Knowing what foods you should and shouldn't be eating can be confusing, significantly when the advice changes regularly. So, from the advice of a certified nutritionist, I will break it down very simply, and just like everything else in this workshop, your main goal of eating healthy, well-balanced foods is to increase your mood, self-esteem, confidence, and confidence mental well-being.

Better stress
management

Improved
sleep quality

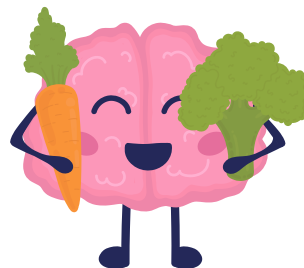
Increased
concentration

Helps with
symptoms of
depression and
anxiety

Better mental
well-being in
general

Gives you
more energy

Helps you
think more
clearly



QUICK NUTRITION TIPS

1

Eat regularly

Skipping meals causes a drop in the body's blood sugar levels. If prolonged, this drop may lead to increased feelings of anxiety and irritability. Other anxiety-provoking effects of low blood sugar are dizziness, light-headedness, confusion, and weakness.

2

Stay hydrated

Even mild dehydration can affect your mood. Staying hydrated is essential to keeping the body's physiological functions running smoothly, including speeding the healing process and removing toxins. In addition, drinking enough water daily may be one of the easiest ways to help the body control its nerves.

3

Eat high vitamin foods

Make sure you eat your vitamins! B complex, C, and E vitamins play essential roles in the nervous system function, and B vitamins mainly affect mood and metabolism. Magnesium is known to help relieve stress. Thus a deficiency in this mineral may lead to irritability and apathy. Selenium, an antioxidant essential to the efficient function of neurotransmitters in the brain, helps control mood. And according to a 2006 study, people with lower omega-3 polyunsaturated fatty acids were also at increased risk of anxiety.

4

Manage your caffeine

Avoid caffeinated beverages. They can make you feel jittery and nervous and can interfere with sleep.

This can lead to increased heart rates and a spike in feelings of anxiety. As most people know, too much caffeine can cause a racing heartbeat, triggering a panic attack. And while a bit of caffeine can improve one's ability to focus, too much may increase nervousness and anxiety symptoms, like sweating palms, ringing in the ears, and even feelings of impending doom.

5

Foods that increase serotonin

Some researchers believe tryptophan can positively affect stress because this amino acid helps your brain produce feel-good chemicals. "Tryptophan is a precursor to serotonin,

You will find tryptophan in various foods: turkey, chicken, bananas, milk, oats, cheese, soy, nuts, peanut butter, and sesame seeds.

BODY CONFIDENCE AND NUTRITION

Food and body image are closely linked; the better you can nourish and take care of yourself, the higher the chances are that you will have greater self-esteem and confidence.

Your body is a powerful machine that can empower you to reach countless possibilities, so be sure that you are nourishing your body with adequate energy sources to sustain yourself for a thriving life.

By now, you know that physical and wellness contribute to your overall mental health and well-being. Suppose your body and mind are deprived of adequate nutrition. In that case, you will be impacted by how you feel about yourself, your decision-making process, cognition, depression, anxiety, self-esteem, and more. Proper nutrition is a critical foundation in supporting your mental health and self-esteem.

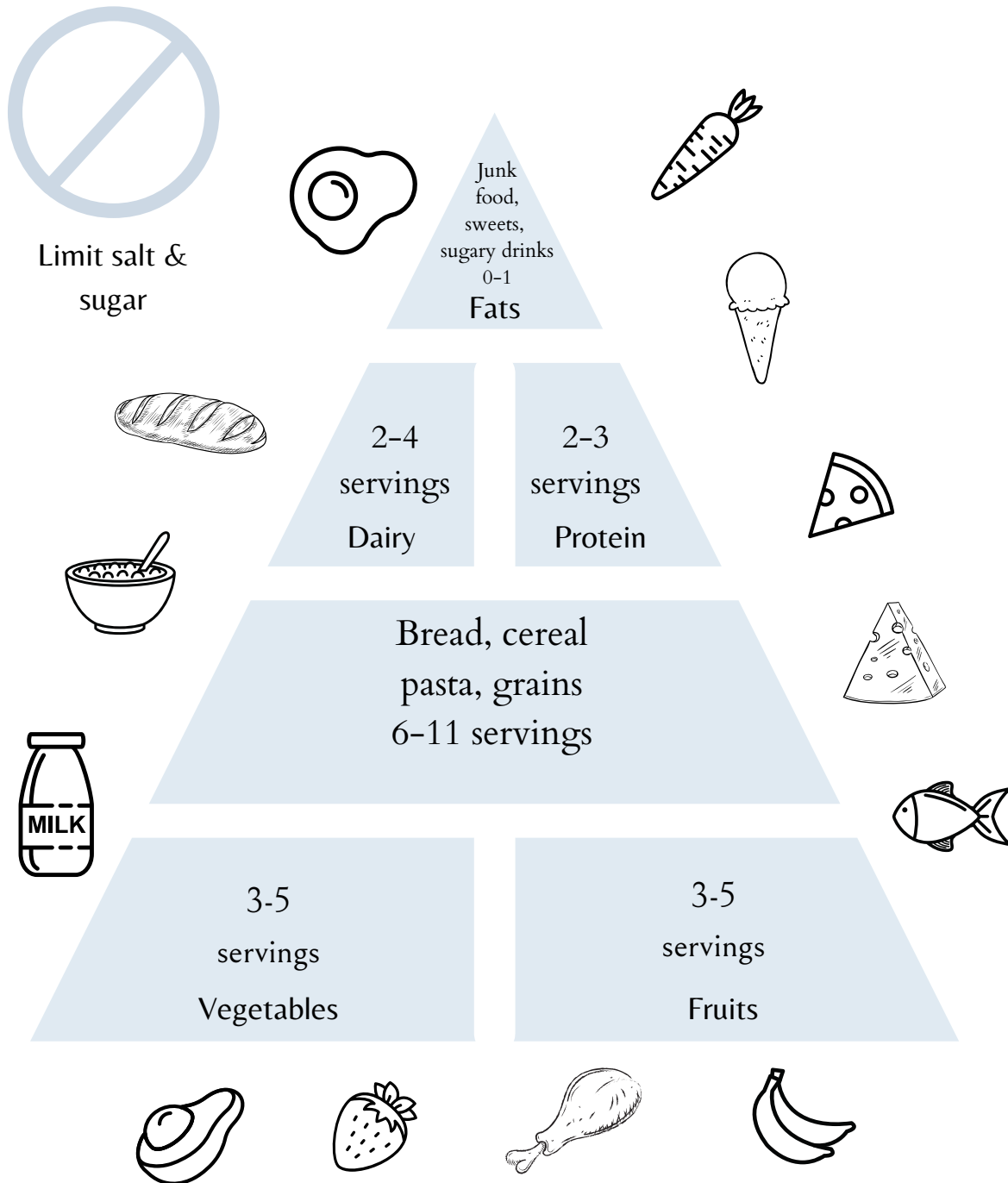
Balanced Eating Behaviors

- 1 Wellbeing over weight! Focus on behavioural changes rather than weight or shape.
- 2 Practice balance over compensation. Food choices do not need to be earned or worked off.
- 3 Avoid engaging in restrictive or fad diets.
- 4 Avoid using weight or body shape to motivate yourself into controlling your eating. Eating healthy should be motivated by wanting to nourish your body and mind with good foods for better physical and mental health.
- 5 Nourish your body with a variety of foods that help you feel good and able to perform in life.
- 6 Separate eating from other activities. Sit down, slow down and eat mindfully.
- 7 Listen to your body and let your body guide you when eating. Respond to your body cues around feeling hungry, not hungry or full, or when it needs to move, stretch, relax or rest.



THE FOOD PYRAMID

Below is the food pyramid. Each section shows the name of the food type and the number of servings to eat each day.



THE FOOD PYRAMID

VEGETABLES

- | | | |
|---------------------------------------|--------------------------------------|---|
| ☐ Potatoes | ☐ Lettuce | ☐ Cabbage |
| ☐ Tomatoes | ☐ Spinach | ☐ Sweet potatoes |
| ☐ Onion | ☐ Celery | ☐ Cauliflower |
| ☐ Carrot | ☐ Mushrooms | ☐ Asparagus |
| ☐ Bell peppers | ☐ Corn | ☐ Bok Choy |
| ☐ Broccoli | ☐ Garlic | ☐ Pumpkin |
| ☐ Cucumber | ☐ Green beans | ☐ Kale |

FRUITS

- | | | |
|-------------------------------------|-------------------------------------|---------------------------------------|
| ☐ Apple | ☐ Fig | ☐ Lemon |
| ☐ Apricot | ☐ Gooseberry | ☐ Lime |
| ☐ Avocado | ☐ Grape | ☐ Mango |
| ☐ Banana | ☐ Guava | ☐ Watermelon |
| ☐ Blackberry | ☐ Jackfruit | ☐ Mulberry |
| ☐ Blueberry | ☐ Plum | ☐ Orange |
| ☐ Cherry | ☐ Kiwifruit | ☐ Passionfruit |

GRAINS

- | | | |
|---|-------------------------------------|------------------------------------|
| ☐ Bread | ☐ Bagel | ☐ Noodles |
| ☐ Tortilla | ☐ Popcorn | ☐ Barley |
| ☐ English muffin | ☐ Cereal | ☐ Millet |
| ☐ Rice | ☐ Pita bread | ☐ Farro |
| ☐ Pasta | ☐ Quinoa | ☐ Wild rice |
| ☐ Muffin | ☐ Cous cous | ☐ Buckwheat |
| ☐ Crackers | ☐ Oats | ☐ Corn |



THE FOOD PYRAMID

PROTEIN

- | | | |
|----------------------------------|---------------------------------------|---|
| ☐ Beans | ☐ Tuna | ☐ Pumpkin seeds |
| ☐ Salmon | ☐ Legumes | ☐ Avocado |
| ☐ Eggs | ☐ Turkey | ☐ Chia seeds |
| ☐ Beef | ☐ Chickpeas | ☐ Spelt |
| ☐ Chicken | ☐ Almonds | ☐ Teff |
| ☐ Pork | ☐ Greek yogurt | ☐ Pistachios |
| ☐ Oats | ☐ Lentils | ☐ Cottage cheese |

DAIRY

- | | | |
|---|--|---|
| ☐ Butter | ☐ Buttermilk | ☐ Malai |
| ☐ Milk | ☐ Ghee | ☐ Kaymak |
| ☐ Cream cheese | ☐ Kefir | ☐ Ice cream |
| ☐ Cottage cheese | ☐ Whey Protein | ☐ Condensed milk |
| ☐ Cream | ☐ Greek yogurt | ☐ Ricotta |
| ☐ Sour cream | ☐ Kiselo mlyako | ☐ Curd |
| ☐ Yogurt | ☐ Twarog | ☐ Powdered milk |

FATS

- | | | |
|---------------------------------------|--|--|
| ☐ Chocolate | ☐ Biscuits | ☐ Ice cream |
| ☐ Lollies | ☐ Muffins | ☐ Donuts |
| ☐ Fruit juice | ☐ Fast food | ☐ Granola bars |
| ☐ Fizzy drinks | ☐ Pizza | ☐ Brownies |
| ☐ Coke | ☐ Burgers | ☐ Oreos |
| ☐ Lemonade | ☐ Processed meats | ☐ Nutter Butter |
| ☐ Cake | ☐ Chips | ☐ Twinkies |



WEEKLY FOOD LOG

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUES				
WED				
THUR				
FRI				
SAT				
SUN				
NOTES				

WEEKLY MEAL PLANNER

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUES				
WED				
THUR				
FRI				
SAT				
SUN				
NOTES				



WEEKLY FOOD REFLECTION

Foods I eat a lot of are...

Foods I need to eat more of are...

Am I drinking 2 litres of water a day? If no, then
what can I do to improve this?

Drinks I need to cut back on are...



[illegible]



SELF-CARE CHALLENGE

Do something that you enjoy

Drink a lot of water

Eat six small meals a day

Eat more fruits

Drink herbal tea

Eat mindfully

Avoid salt

Don't eat processed foods

Laugh and smile

Don't deprive yourself

Take a cold shower

Walk to work

Try a new exercise

Eat more vegetables

Find a supplement

Cook at home

Make homemade food

Grocery shop mindfully

Don't eat past 7 pm

Stretch

Buy a herb plant

Use sunscreen

Take the stairs

Sleep for eight hours

Don't eat refined sugar

Focus on your posture

Give up weighing yourself

Avoid saturated fats

Eat lean meat

Eat whole carbs



ALL ABOUT ME

NAME _____ NICKNAME _____

STAR SIGN _____ D.O.B _____

FAVOURITE FOODS

FAVORITE SONGS

	_____		_____
	_____		_____
	_____		_____

IF I WON A MILLION DOLLARS, WHAT WOULD I DO WITH IT?

WORDS THAT DESCRIBE ME

IN MY SPARE TIME I LIKE TO...

	_____		_____
	_____		_____
	_____		_____

A QUOTE THAT TOUCHES MY SOUL



MY CORE VALUES

Tick any value that you either have or desire to have.

☐ Organized	☐ Adventurous	☐ Passionate	☐ Giving
☐ Respectful	☐ Honest	☐ Reliable	☐ Authentic
☐ Committed	☐ Loyal	☐ Positive	☐ Ambitious
☐ Sharing	☐ Fair	☐ Inquisitive	☐ Power
☐ Transparency	☐ Enthusiastic	☐ Careful	☐ Reflective
☐ Clean	☐ Diversity	☐ Patient	☐ Successful
☐ Ethical	☐ Motivated	☐ Independent	☐ Connection
☐ Cooperative	☐ Determined	☐ Curiosity	☐ Equality
☐ Unique	☐ Trustworthy	☐ Confident	☐ Inspired
☐ Traditional	☐ Productive	☐ Graceful	☐ Persistent
☐ Brave	☐ Empathetic	☐ Determined	☐ Selfless
☐ Present	☐ Forgiving	☐ Kind	☐ Tolerant
☐ Attentive	☐ Useful	☐ Strong	☐ Optimistic
☐ Peace	☐ Health	☐ Wealth	☐ Popularity
☐ Perfection	☐ Fearless	☐ Grateful	☐ Love
☐ Dedicated	☐ Security	☐ Fun	☐ Risk Taking



FINDING MY PURPOSE

What motivates me to get up in the morning?

--	--	--

What did I love doing as a child?

--	--	--

If I could be anyone who would it be, and why?

--	--	--

What is my favourite memory?

--	--	--

When am I the happiest?

--	--	--

What are some of my regrets?

--	--	--

What does my ideal life look like?

--	--	--



EXPLORING MY VALUES

When you explore the values of those people that surround you and those that you admire and look up to, you can think about where your values have come from.

Remember that it's essential to try and actively live by your values, recognize them, and then put them into action.

My Mothers Values

 _____

 _____

 _____

My Fathers Values

 _____

 _____

 _____

Person I respects values

 _____

 _____

 _____

My personal values

 _____

 _____

 _____

My social values

 _____

 _____

 _____

My friends values

 _____

 _____

 _____



LOOKING A LITTLE DEEPER

You are beautiful because you are unique, both on the inside and on the outside. Look inside and outside at your personality, what you can do, how you treat others, and who you are, then write down some things you like about yourself.

I like who I am because...

If I had one wish it would be...

I'm at peace when..

My favorite memory is..

The biggest challenge I have ever over come was..





EXPLORING ME

THINGS I'M GOOD AT

- _____
- _____
- _____

COMPLIMENTS I HAVE
RECIEVED

- _____
- _____
- _____

WHAT I LIKE ABOUT ME

- _____
- _____
- _____

CHALLENGES I HAVE
OVERCOME

- _____
- _____
- _____

I'VE HELPED OTHERS BY

- _____
- _____
- _____

I'M A GOOD FRIEND
BECAUSE

- _____
- _____
- _____

MY BIGGEST
ACCOMPLISHMENTS

- _____
- _____
- _____

THINGS THAT MAKE ME
UNIQUE

- _____
- _____
- _____





MY ACCOMPLISHMENTS

You are proud of an accomplishment because it involves lots of hard work and effort. Could you list your accomplishments and obstacles that you had to overcome to achieve that goal?

ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME
ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME
ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME
ACCOMPLISHMENT	OBSTACLES I HAD TO OVERCOME





FINDING MY PASSION

When I was little I loved...



3 people who inspire me the most are ...



I lose track of time when I am ...



If I knew I couldn't fail I would...





SELF-ESTEEM JOURNAL

DAY DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 THINGS I AM GRATEFUL
FOR TODAY

3 REASONS I HAVE TO
LAUGH AND SMILE

SELF REFLECTION

DAY DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

3 THINGS I ENJOYED
ABOUT TODAY

3 REASONS WHY
MY FAMILY LOVE ME

SELF REFLECTION





SELF-ESTEEM JOURNAL

DAY DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

I FELT PROUD OF
MYSELF WHEN

3 SMALL SUCCESSES
I HAD TODAY

SELF REFLECTION

DAY DATE:



MON TUE WED THU FRI SAT SUN

MY MOOD TODAY

THE HIGHLIGHT OF
MY DAY WAS

MY BEST ATTRIBUTES
ARE

SELF REFLECTION





SELF-ESTEEM JOURNAL

DAY DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

3 UNIQUE THINGS
ABOUT ME

I FEEL MOST PROUD
OF MYSELF WHEN

SELF REFLECTION

DAY DATE:

MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

THINGS I AM EXCITED
FOR

3 THINGS IN LIFE THAT
I AM THANKFUL FOR

SELF REFLECTION





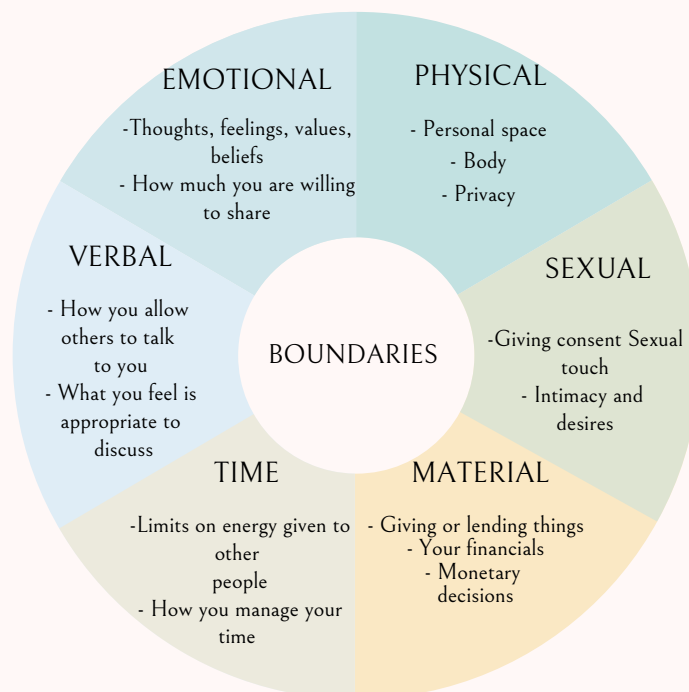
WHAT ARE BOUNDARIES?

Boundaries are simply the limits, rules, or lines we set for comfort. Boundaries are a set of physical and mental guidelines that are established to help protect ourselves when we are around other people and in relationships.

Having healthy boundaries is an essential personal skill to help you thrive and communicate your needs. It is vital to set limits so that others don't take advantage of or manipulate you. For example, a person with solid personal boundaries will feel comfortable saying 'no' when asked to do something they are uncomfortable doing without feeling the need to apologize.

Everyone's boundaries are different, so once you set yours it shows others how you expect them to behave around you and vice versa.

TYPES OF BOUNDARIES



FINDING THE SWEET SPOT

By now, you are familiar with boundaries, the imaginary line separating you from others. However, finding the right balance with personal boundaries can be difficult and a work in progress for many people.

Personal limits of boundaries can be divided into three different categories, rigid (hard), porous (soft), and healthy (the right balance between the other two).

Individuals with porous boundaries find it hard to say no to people and often feel mistreated and taken advantage of.

On the other hand, individuals that constantly have a wall up and don't allow people to get close to them have hard, rigid boundaries.

Understanding your boundaries is essential as it allows you to be assertive, protects you from mistreatment, and helps you develop meaningful relationships. If you recognize your boundaries as either soft or rigid, you can adjust them and move them in the right direction to find the right balance that works for you.

RIGID

- DOESN'T ASK FOR HELP
- AVOIDS CLOSE RELATIONSHIPS
- CLOSED OFF
- SEEMS DETACHED FROM OTHERS
- PROTECTIVE OF THEMSELVES AND PERSONAL INFORMATION
- HAS ONLY A FEW CLOSE RELATIONSHIPS

POROUS

- FINDS IT DIFFICULT TO SAY "NO"
- OVERSHARES TOO MUCH PERSONAL INFORMATION
- TOO INVOLVED IN OTHER PEOPLE'S PROBLEMS
- ACCEPTS DISRESPECT
- DEPENDENT ON OTHER PEOPLE'S OPINIONS
- FEELS RESPONSIBLE FOR OTHER PEOPLE'S HAPPINESS

HEALTHY

- VALUES THEIR OWN OPINIONS
- DOESN'T COMPROMISE THEIR OWN VALUES FOR OTHERS
- SHARES PERSONAL INFORMATION APPROPRIATELY
- IS COMFORTABLE IN SAYING "NO" AND ACCEPTS "NO" FROM OTHERS





PHYSICAL BOUNDARIES

Physical boundaries refer to your body, physical touch, personal space, and privacy. For example, you may enjoy receiving physical affection and don't mind public displays of affection, or you may be the opposite. A violation of your physical boundaries maybe if someone touches you inappropriately and makes you uncomfortable.

Someone with healthy physical boundaries would also know what is appropriate and what is not, such as greeting someone with a handshake rather than a kiss on the hand if you have just met them.

UNHEALTHY 	HEALTHY 
- TOUCHING SOMEONE IN A WAY THAT MAKES THEM FEEL UNCOMFORTABLE - SITTING TOO CLOSE TO PEOPLE - TALKING TOO CLOSE TO PEOPLE - GOING THROUGH SOMEONES PERSONAL BELONGINGS WITHOUT THEIR PERMISSION - KISSING IN FRONT OF OTHER PEOPLE WHEN IT MAKES THEM UNCOMFORTABLE	- TOUCHING SOMEONE APPROPRIATELY, SUCH AS KNOWING WHEN TO KISS ON THE CHEEK, HAND SHAKE OR HUG - ALLOWING AN APPROPRIATE DISTANCE BETWEEN YOURSELF AND OTHERS WHEN TALKING - SPEAKING UP WHEN YOU FEEL UNCOMFORTABLE

Am I comfortable by being touched by others?

Do I let others know when I feel uncomfortable?

What are my physical boundary needs?





SEXUAL BOUNDARIES

Sexual boundaries help create limits around anything to do with sex. They are essential for everyone to have, whether you are in a current sexual relationship or not. Sexual boundaries include consent, understanding of someone’s privacy, preferences, and agreements. Violations of your sexual boundaries might include allowing someone to do something that you are not comfortable doing, allowing someone to get angry at you if you say "no" to having sex, getting punished, unwanted touch, abuse, or assault, and someone lying to you about their sexual health and history.

UNHEALTHY 	HEALTHY 
- NOT DISCUSSING CONSENT - NOT FEELING AS THOUGH YOU CAN DISCUSS CONTRACEPTION AND PROTECTION - ALLOWING PEOPLE TO TAKE ADVANTAGE OF YOU SEXUALLY - NOT SAYING "NO" TO THINGS YOU ARE UNCOMFORTABLE IN DOING	- DISCUSSING PRIVACY WITH YOUR PARTNER (SUCH AS NOT DISCUSSING YOUR SEXUAL EXPERIENCES WITH OTHERS) - ASKING THE MALE TO USE PROTECTION - DISCUSSING YOUR DESIRABLE NEEDS AND WANTS - NOT BEING AFRAID TO SAY "NO"

Do I know what my sexual boundaries are? (What am I willing to do or try?)

What are my values and beliefs with contraception and protection?

What are my sexual boundary needs?





MATERIAL BOUNDARIES

Material boundaries refer to your personal belongings and possessions, including your home, car, jewelry, clothes, and furniture. Setting healthy material boundaries ensures you know how comfortable you feel with others borrowing your things and knowing what you will allow being borrowed and what you will not allow to be borrowed. It also includes communicating to others your expectations and limits on when you lend things to them, such as how you expect them to treat your things and the time limit you have on your borrowed items. For example, a violation of your material boundaries would be that someone took something of yours without asking and returned it broken.

UNHEALTHY 	HEALTHY 
- ALLOWING PEOPLE TO TAKE YOUR THINGS WITHOUT ASKING - NOT ASKING FOR YOUR THINGS BACK - ALLOWING THINGS TO BE RETURNED IN BAD CONDITION - NOT KNOWING WHO YOU HAVE LENT YOUR THINGS TO	- SETTING A TIME LIMIT ON YOUR THINGS BEING BORROWED - ENSURING THAT PEOPLE ASK BEFORE TAKING YOUR THINGS - KNOWING WHAT THINGS YOU FEEL COMFORTABLE WITH BEING BORROWED - NOT BEING AFRAID TO SAY "NO"

Do I know what my material boundaries are?

Who would I not allow to borrow my things, why?

Does it bother me when people return my things in a bad condition?





TIME BOUNDARIES

Your time is valuable, and please know how to protect it. Time boundaries refer to how you use your time, prioritize it, and ultimately help you find the right balance with time spent between people and yourself. When you understand your priorities, you can dedicate the right amount of time to other people and other facets of your life, such as work, study, relationships, hobbies, and self-care. For example, a violation of your time boundaries would be when someone expects you to chat with them when you have told them that you need to study or not setting aside enough time to study for your exam and leaving it to the last minute.

UNHEALTHY 	HEALTHY 
- GETTING UPSET IF PEOPLE DON'T TEXT YOU STRAIGHT BACK - CALLING PEOPLE EARLY IN THE MORNING OR LATE AT NIGHT - GIVING UP YOUR OWN PLANS TO BE WITH SOMEONE ELSE - STUDIES THE NIGHT BEFORE THE TEST	- PRIORITISES TIME FOR YOURSELF - SETS TIME ASIDE FOR WORK OR STUDY - HAS GOOD TIME MANAGEMENT - DOESN'T OVER COMMIT TO ONE PERSON OR ONE THING

Do I know what my time boundaries are?

Do I set enough time aside for myself or do I always feel stressed?

Am I comfortable to communicate my time needs to other people? How could I do this?





VERBAL BOUNDARIES

Verbal boundaries refer to how you talk to and allow others to speak to you. Firm verbal boundaries will help you communicate your needs to others and set the tone for how you expect others to treat you. Using "I" statements will help you express your feelings, for example, "I felt upset when you said that to me because...."

Violations of your verbal boundaries include people interrupting you, lying, being sarcastic, or saying put-downs.

UNHEALTHY 	HEALTHY 
- INTERRUPTING, LYING	- TALKING IN A RESPECTFUL TONE
- SCREAMING, RAISING THEIR VOICE	- ALLOWING OTHER PEOPLE TO TALK AND CONTRIBUTE TO CONVERSATIONS
- PEOPLE NOT ALLOWING YOU TO TALK	- USING "I" STATEMENTS
- NOT ALLOWING YOU TO BE HEARD	BEING HONEST WITH PEOPLE

Do I know what my verbal boundaries are?

Do I allow other people to disrespect me in conversations?

Why is it important to set healthy verbal boundaries?





EMOTIONAL BOUNDARIES

Emotional boundaries refer to your ability to protect your feelings, ideas, values, and beliefs. Therefore, you would be able to separate your emotions from another's feelings. Individuals with healthy emotional boundaries will have a strong sense of self-identity and embrace their differences and uniqueness. It also involves paying attention to your needs, listening, and attending to your body.

Emotional boundary violations may include taking responsibility for someone else's feelings, letting them dictate your own, blaming others for your problems, and telling others how you feel.

UNHEALTHY 	HEALTHY 
- DISMISSING AND CRITICIZING FEELINGS. - ASKING PEOPLE TO JUSTIFY THEIR FEELINGS - ASSUMING WE KNOW HOW OTHER PEOPLE FEEL. - MANIPULATIVE BEHAVIOR	- LETTING GO OF THE NEED TO FIX OTHERS - ACCEPTING YOURSELF - NOT NEEDING TO DEPEND ON OTHERS APPROVAL - SPEAKING UP WHEN YOU DISAGREES WITH SOMEONE

How would I describe myself?

Am I comfortable speaking up if I disagree with something someone is saying?

What are my emotional boundary needs?





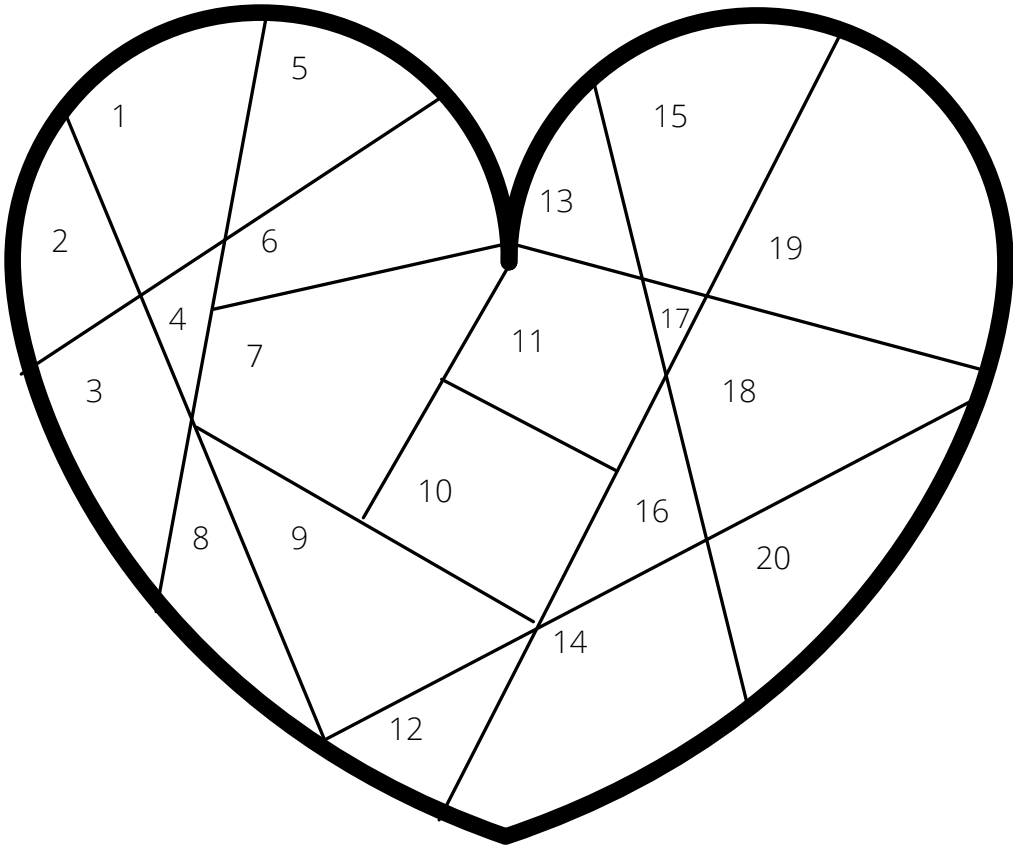
BOUNDARIES REFLECTION

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom left corner, there is a small, stylized illustration of a plant or flower in shades of green and yellow.



Gratitude Heart

Color each space with a colour that feels like a specific person, place or thing that you love and are grateful for.
Open your heart to everything big and small.

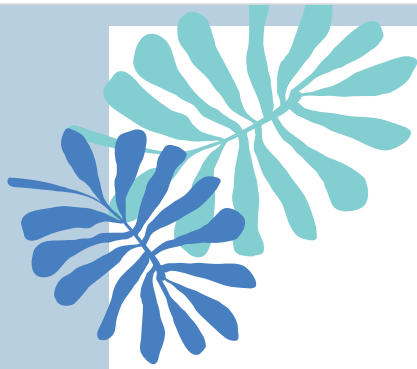


1 _____
2 _____
3 _____
4 _____
5 _____

6 _____
7 _____
8 _____
9 _____
10 _____

11 _____
12 _____
13 _____
14 _____
15 _____

16 _____
17 _____
18 _____
19 _____
20 _____



Gratification

What is gratefulness?

Gratefulness is the key to a happy life
that we hold in our hands
because if we are not grateful,
then no matter how much we have
we will not be happy because we will
always want to have something
else or something more

- Br David Steindl-Rast

I am grateful for my life because?

I am grateful for my body because?

I am grateful for my family because?

I am grateful for my friends because?





GRATIFICATION

Gratitude

NOUN:

The quality of being thankful; readiness to show appreciation for and to return kindness.

Everyone has moments of feeling thankful for something, someone, or an experience. It makes us feel good and appreciative of what we have in our life. Sometimes feeling grateful can happen, or perhaps you have been involved in witnessing someone else's heartache, and it is a sad reminder to be thankful for all the things you have. It is excellent that we have small moments of gratefulness, but unfortunately, most of the time, these moments are fleeting; they come and go quickly. Making a special effort to increase your gratefulness is one of the core elements of gaining strong mental health and the key to living a happier life.

Research is constantly showing us many benefits to being grateful, including...

Reduces aggression and enhances empathy

- Improves quality of sleep
- You cope better in challenging times
- You have a better relationship with your friends and family
- Decreases pain
- Improves physical health
- Enhances self-esteem and confidence

Expressing gratitude is an instant mood lifter. The science is simple. When we focus on the good things in our life, especially at a deep level, and appreciate even the most minor things we often take for granted, our brain releases serotonin and dopamine, the two feel-good neurotransmitters within the emotional part of our brain.

Like many desirable traits, gratitude is not simply an automatic emotional response; it is a choice we must actively and consciously make.





JOURNALLING RITUALS

I believe in setting up good rituals and habits. Gratitude journaling or gratitude tracking forces us to look at the good things that happened throughout our day. It helps us not to take little things for granted and to celebrate the small wins in life. Doing this daily help to train your brain to become more attuned to the sources of pleasure and thankfulness that surround us everywhere. You will become naturally more optimistic if you continue doing this daily over several weeks and months.

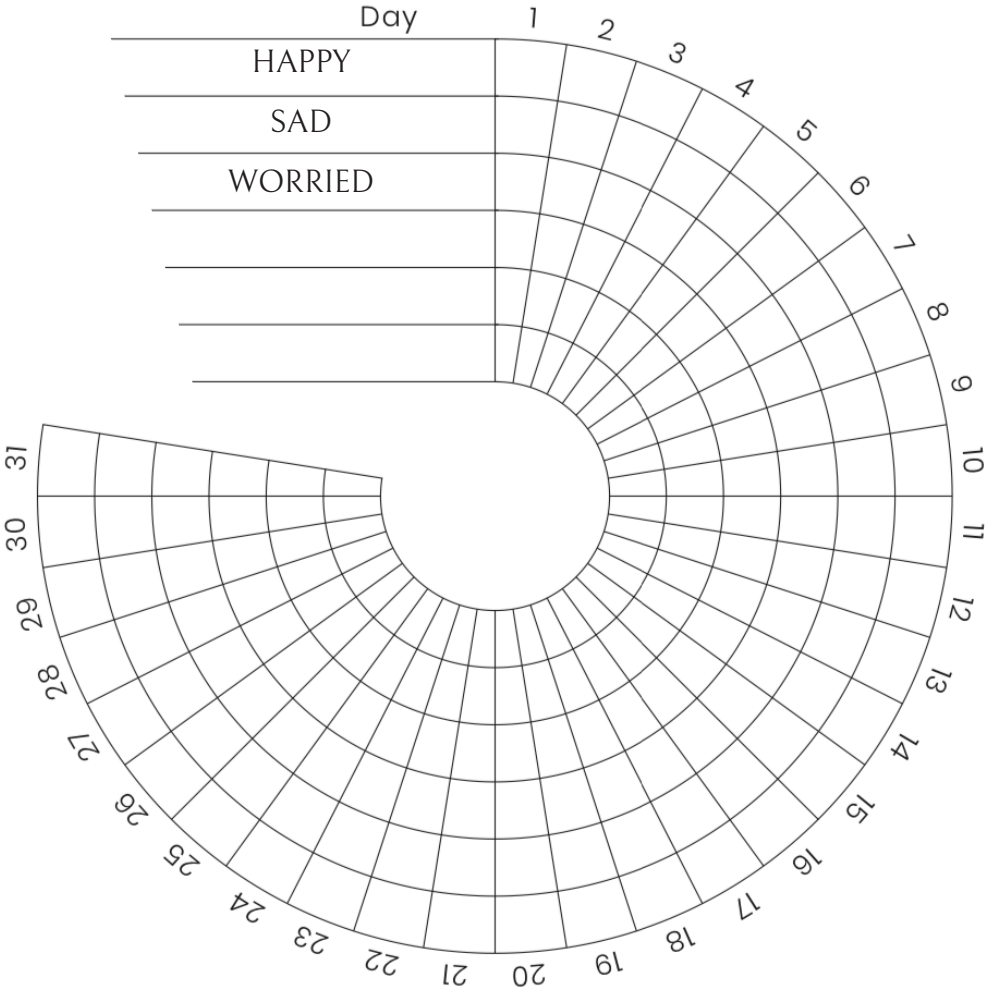
- Gratitude journalling can play a crucial role in helping control depression and anxiety.
- It can help you start your day positively and shake those nervous feelings.
- It can help you gain more clarity and keep things in perspective.
- Helps strengthen your relationships with my kids, husband, family, and friends.
- On days when you feel flat, you can look back through your journal and remember all the good things you have been grateful for. It is a reminder that you have a lot to be happy about
- Your journal can help you feel more accomplished even when you have lost your identity.

Even in the most challenging times, there is always something to be grateful for. So what could you be thankful for even on your most difficult days?



FEELINGS TRACKER

This feelings tracker will help you to keep track of how you are feeling each day.
If you felt the below feeling throughout the day, color in the appropriate space, you may feel one feeling a day or more.
There are 3 empty spaces for you to add your own.



NOTES





GRATITUDE BOOKLET

Questions that can help prompt you to be grateful

A person in my life that I am grateful for and why?
Even on my most challenging days, I am thankful for what I have learned, such as...
Music I am grateful for
The parts of my body that I am grateful for
Foods that I am grateful for
My qualities and talents that I am grateful for
The part of nature that I am most grateful for
Things that happened today that I am grateful for
Something that I have learned this year and am grateful for
The senses that I am most grateful for and why
A materialistic item that I am grateful for
A challenge that I am grateful for as I learned some valuable lessons
A time that I am grateful for is when I laughed so hard that my belly hurt
Things about me that I am grateful for

"Journalling causes THINKING,
thinking causes
ACTION,
action causes
RESULTS"





GRATITUDE BOOKLET



MON TUE WED THU FRI SAT SUN



MY MOOD TODAY

QUOTE OF THE DAY

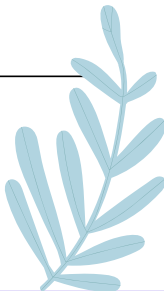
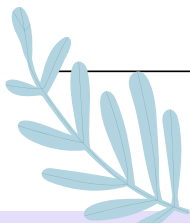
6 THINGS I AM GRATEFUL FOR TODAY

_____	_____
_____	_____
_____	_____

REASONS I HAVE TO LAUGH AND SMILE

THINGS I AM LOOKING FORWARD TO TODAY

SELF REFLECTION





GRATITUDE BOOKLET

I AM GRATEFUL FOR MY BODY

IT HELPS ME _____

THIS BODY IS _____ AND _____

IT ALLOWS ME TO _____

MY FACE RADIATES _____

MY EYES ARE FILLED WITH _____

MY LIPS HELP ME _____

MY CHIN IS _____

MY NECK HOLDS ME WITH _____

I AM GRATEFUL FOR MY HANDS THAT _____

I AM GRATEFUL FOR MY ARMS THAT _____

WITH THIS STOMACH I CAN _____

MY FEET ARE _____

THESE HIPS HELP ME _____

THESE LEGS ALLOW ME TO _____

I AM GRATEFUL FOR ABSOLUTELY EVERYTHING
MY BODY ALLOWS ME TO LIVE AND
I WILL TREAT IT WITH LOVE AND
RESPECT AS I AM WORTHY





THE COMPANY I KEEP

Spending quality time with friends or loved ones is crucial to your self-care regime. We spend our whole lives surrounding ourselves with people we love. Social connections have been proven to improve our overall well-being. While too much time on your own can make you feel lonely and out of touch, it is essential to make an effort to spend time with others.

Who do I like to spend time with?

Who is important in my life that I need to make more time for?

Is there anyone in my life that I spend too much time with?

What are the benefits of spending time with people?





SOCIALIZING

“ENCOURAGE, LIFT AND STRENGTHEN ONE ANOTHER. FOR THE POSITIVE ENERGY SPREAD TO ONE WILL BE FELT BY US ALL. FOR WE ARE CONNECTED, ONE AND ALL.” -
DEBORAH DAY

1

Improves quality of life. Staying connected with family and friends can improve the quality and length of our lives.

Socializing increases the production of a hormone responsible for decreasing anxiety levels and improving our ability to cope with stressors.

2

3

Promotes a sense of safety, belonging and security

It allows you to confide in others and let them confide in you

4

5

It helps you handle stress and pain.
Social support can make a huge difference when going through a stressful time or enduring a physically painful health issue.

Improve your cognitive health.
Simple conversations with people are a great way to keep your brain active and your memory sharp.

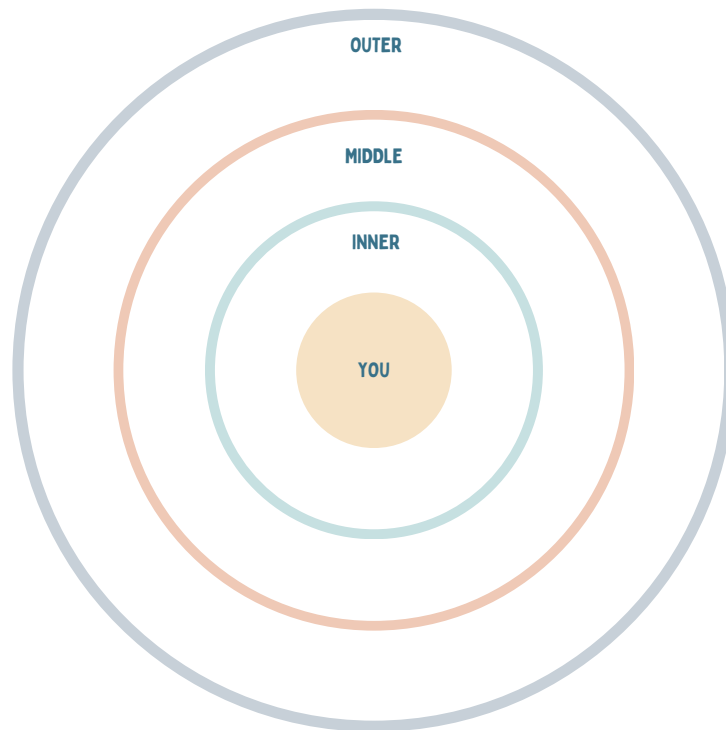
6

7

As we age, social interactions are essential to keeping us young. However, spending too much time on your own or alone can lead to loneliness or feeling out of touch with family and friends.



BOUNDARY CIRCLES



Your boundary circles can help you decide what type of relationships you have with the people you know. The people you consider yourself to be very close to and share personal or intimate details about yourself would be in your inner circle because you trust and feel comfortable with them. The middle circle may include people you still enjoy spending time with and feel comfortable with but probably wouldn't share personal details with. Therefore the time you spend with these people would be less than those in your inner circle. Lastly, the outer circle would consist mainly of acquaintances, people you only invest a little time to. Generally, you would like these people but need to learn them well.

QUESTIONS TO CONSIDER:

- How does a person move from one circle to another?
- What are the characteristics and traits of the people in the inner circle?
- What is something that would make you force someone to the outer circle?
- How much time and energy would you spend on a person in each circle?





MY SOCIAL CIRCLES

The boundary circle is designed to help individuals identify whom they feel safe and comfortable enough with, to allow into their inner circle, and ultimately make meaningful connections with.

This process will help you explore and gain more clarity about your boundaries and what characteristics you look for in others.

Could you write down the names of people that fit into each circle?

INNER CIRCLE

_____	_____	_____
_____	_____	_____
_____	_____	_____

MIDDLE CIRCLE

_____	_____	_____
_____	_____	_____
_____	_____	_____

OUTER CIRCLE

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



SELF-CARE REFLECTION

[illegible]