



Worksheets

Self-Care Basics

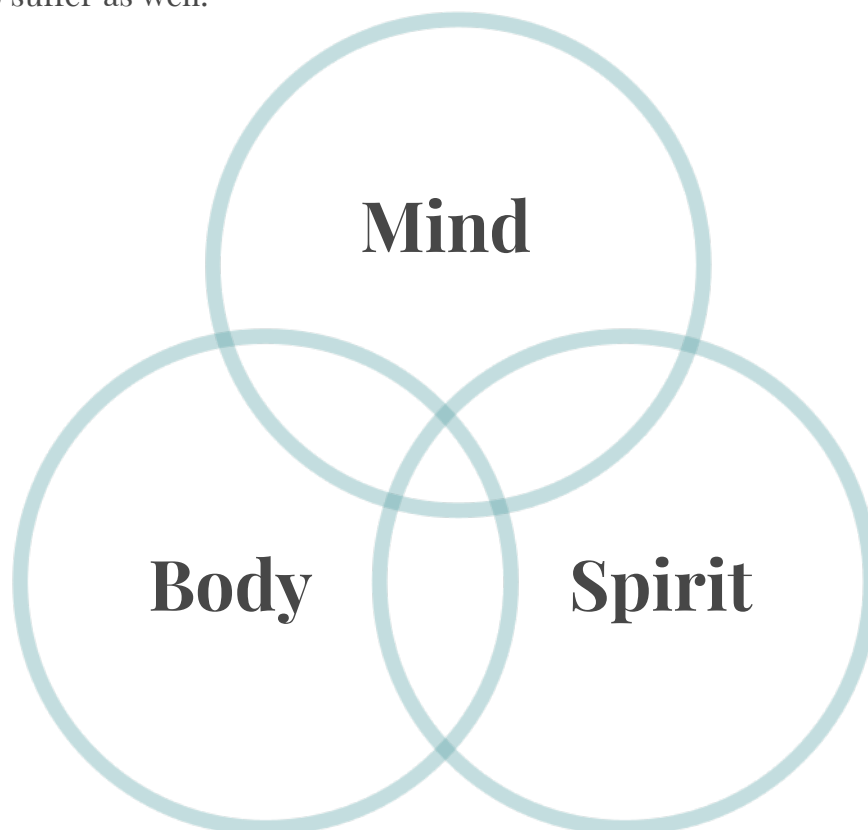
Self-Care Basics

Self-Care Explained

We were created three in one: mind, body and spirit. All humans are a combination of the three. The mind includes our intellect, emotions and free will. They are separate from our physical body and spirit. Spirit includes our motivation, purpose and faith.

Self-care is taking care of yourself in all three areas. All three areas interact with each other and can't be separated from the others. If you aren't feeling well physically, your mind and spirit are bound to suffer as well.

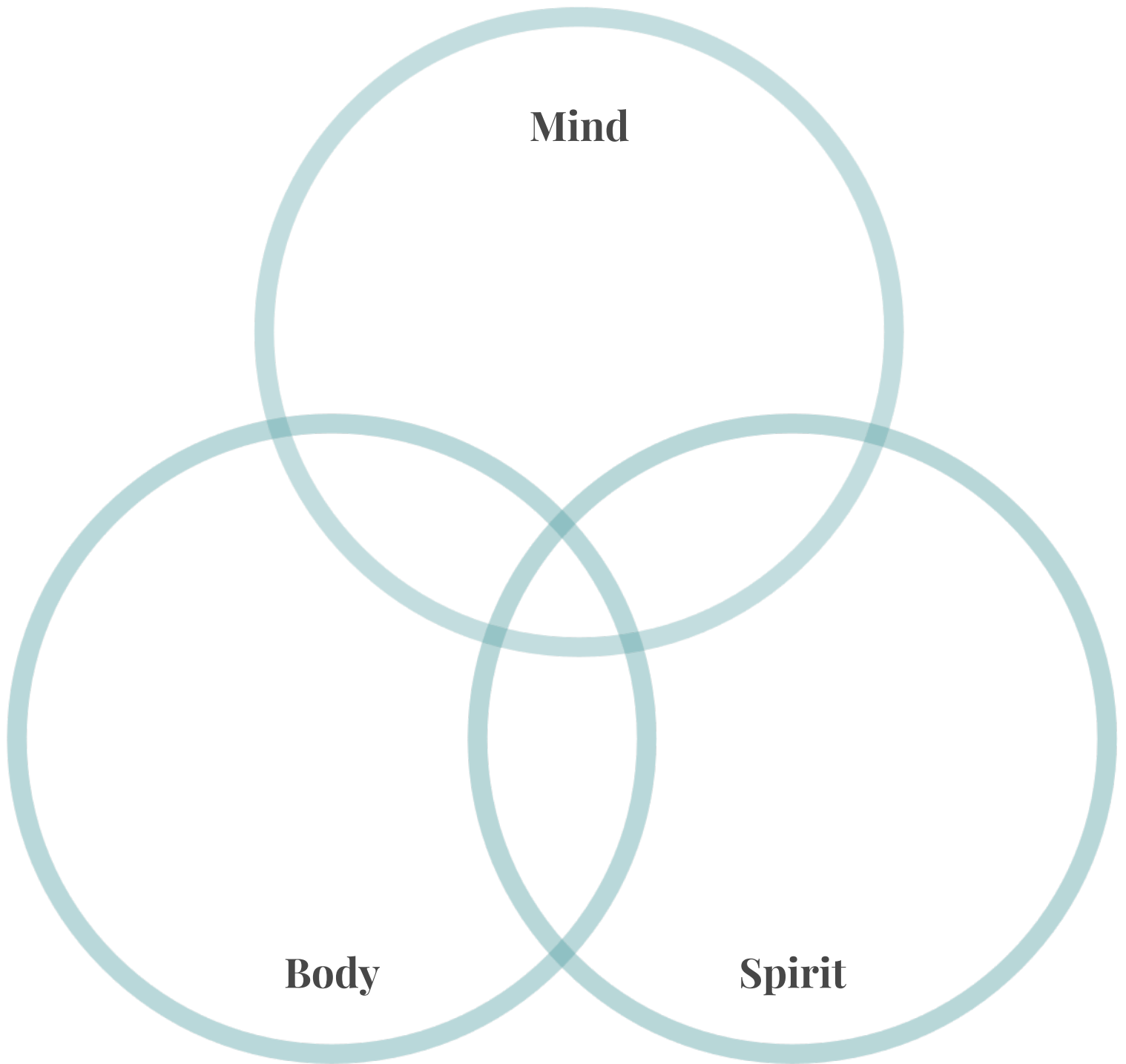
Not taking care of yourself can lead to self-esteem issues, depression, and anxiety. Feeling like you're letting yourself down all the time can make you feel guilty; gaining weight can cause depression and self-esteem problems as you will feel like you lack self-control and discipline. And constantly putting yourself last can cause resentment and even anger issues. Most of these issues can be resolved by following proper self-care, consistency, and firmness.



Self-Care Basics

Mind, Body & Spirit

List how you are taking care of yourself
in each area.



Checklist

Self-Care Basics

MIND

- Connect With Others
- Lower Stress Levels
- Take a Look at Your Routine
- Reduce Screen Time
- Get Insight (Books and Therapy)
- Clean Your Environment
- Listen, Watch, Read Motivational and Inspiring Media Regularly
- Take Control of Your Finances
- Spend Time Alone

BODY

- Sleep 7-9 Hours a Night
- Get Regular Exercise
- Eat Healthy
- Drink Enough Water Daily
- Take the Right Vitamins/Medicine
- Brush Teeth, Shower, Brush Hair ect..
- Minimal Alcohol Intake and No Drugs

SPIRIT

- Find Purpose or Meaning in Life
- Forgive (Including Yourself)
- Prayer
- Practice Gratitude
- Find What Drives You and Motivates You
- Keep Moving Forward (Growing and Learning)

Checklist

Self-Care Basics

M I N D

Connect With Others

Fulfills one of Maslow's important hierarchies of needs. Lessen anxiety and depression. Gives one a sense of belonging and the feeling of being seen, heard and understood.

Lower Stress Levels

The lower our stress levels the clearer we tend to think and reason. Our decision making abilities improve and we view things from an entirely different perspective.

Take A Look At Your Routine

Are you adding unnecessary stress to your routine by not giving yourself enough time to relax before you leave? Are you always in a rush and waking up late? Are you focused on things that could be outsourced or done later? Take the time to look at your routine and reevaluate. You might have to get up a little earlier to give yourself enough time and peace-of-mind for the things that you're always rushing through.

Reduce Screen Time

Too much screen time is unnatural. It prevents us from being outside and getting fresh air and exercise. Too much screen time before bed can also cause sleep disruptions and hinder your ability to fall asleep because of artificial light coming from the screen.

Get Insight (Books and Therapy)

Talking things out with a therapist can bring things out into perspective. You will also be validated, understood, and listened to, which is important in order to heal. Books can help you understand what you are going through and help you approach your situation from a more empathetic and forgiving angle. Understanding something can help us move forward and not make the same mistakes twice.

Clean Your Environment

Clutter bombards our mind with excessive stimuli; it destructs us away from what we should be focused on; clutter signals to our brain that our work is never done, making it harder to relax and unwind. Clutter creates a feeling of guilt because we feel bad about being disorganized.

Listen, Watch, Read Motivational and Inspiring Media Regularly

What we fill our heads with matters. Because we are always being affected by the information that we focus on. Focus on the bad and before you know it you will be feeling the same. And the opposite. Focusing on positive and inspiring information will motivate you, lift your mood, and make you feel like your life is worth living.

Checklist

Self-Care Basics

M I N D C O N T I N U E D

Take Control of Your Finances

Money worries can create a lot of stress and anxiety. The same can be said about overspending and buying things that you don't need. Creating a budget, looking for another source of income, and eliminating debt is a great way to eliminate stress and bring about mental well-being.

Spend Time Alone

Spending time alone can give you an opportunity to truly unwind and connect to yourself. A lot of people recharge when they are on their own. Spending time alone can help you pay attention to your own feelings and needs and go about meeting them. With the constant noise of a crowd you cannot do that.

B O D Y

Sleep 7-9 Hours a Night

Our body repairs, recovers, and builds during sleep. Deep sleep is essential to feel energetic. Quality sleep also helps us burn fat and keeps our cortisol or stress hormone stable.

Get Regular Exercise

Regular exercise has a lot of benefits. Increasing your steps count! These benefits include improved insulin sensitivity, better cardiovascular health, greater bone-density, improved oxygen uptake, and a leaner body. Strength training especially is excellent as it helps build muscle and helps maintain higher testosterone levels and a higher metabolic rate.

Eat Healthy

Eating healthy is essential to maintaining the best health. Quality food is information that tells our body to either stay healthy or get sick. Focusing on healthy fats, quality complex carbohydrates, and lean proteins is the way to go. Eat the right mix of macro and micro-nutrients for optimal well-being and a great physique. Tune into your hunger signal and make sure to stop eating when full or count calories and make sure to eat the right amount for your body.

Drink Enough Water Daily

Water clears waste and hydrates our cells. It is also essential to ensure that our organs function properly and are protected. Our bodies are made up of mostly water, which means that it is essential to get enough quality water. Drink water from a quality source and use reverse osmosis, glass-bottled water, or a brand you can trust.

Checklist

Self-Care Basics

B O D Y C O N T I N U E D

Take the Right Vitamins/Medicine

If your moods are off, get your vitamin levels checked. Knowing if you are deficient in D, iron or any vitamin is important. Vitamins known to influence moods include D, B, zinc, magnesium and iron. Your doctor is able to order a blood test to check all your levels and recommend the correct dosage and inform you on interactions with other medications.

Brush Teeth, Shower, Brush Hair

Good hygiene is essential because it makes us feel good and because it prevents us from accumulating germs and bad bacteria. Whether lacking in this area is from bad habits or feeling unmotivated, good hygiene will improve your mood and self-confidence.

Minimal Alcohol Intake and No Drugs

Alcohol, marijuana and other drugs are often used to self-medicate depression, anxiety and other hard emotions. While it may help in the moment they won't stop your symptoms from returning and can often times make them worse. Alcohol and drugs should be avoided as they can do a lot of damage to the brain, lower and completely deplete endorphins or feel good chemicals in the short term, cause anxiety and depression, and can be lethal.

S P I R I T

Find Purpose or Meaning in Life

Human beings need to feel like they have a purpose in life. It makes us happier and healthier. Doing what we are driven to do or what we are passionate about gives us energy and confidence. It nourishes our souls.

Forgive (Including Yourself)

Forgiving others frees you and gives you a chance to start with a clean slate. Carrying anger, grudges, resentment, and disappointment is not easy to see but can be felt. Working on understanding and then forgiving is the greatest gift you can give yourself and others. People make mistakes and often operate unconsciously. Without realizing how their actions are negatively impacting those around them. Forgiveness frees you emotionally and spiritually. It opens your heart to receive new love and new relationships. Forgive yourself too, as you are constantly learning and growing. You're probably not the same person that you were ten years ago. We all grow, learn, and change.

Checklist

Self-Care Basics

S P I R I T C O N T I N U E D

Prayer

If you're a Christian, then you understand the importance of prayer. It is a source of wisdom, guidance, service to self and others, and strength. Prayer is your conversation with God and how you can develop a personal and meaningful relationship with the greatest source that loves you unconditionally.

Practice Gratitude

Being grateful for what you have and what is in front of you makes you into a more humble/down-to-earth person. It makes you feel rich and eliminates the desire for more. Focusing on what you have instead of what you don't have brings true happiness and a feeling of wholeness. Practice gratitude alone or with your kids daily by listing several things that you or your family are grateful for. It can be anything from having a healthy body, to being with one another, to your amazing pet, to having enough food on your plate.

Find What Drives You and Motivates You

Try new things until something clicks. Sometimes it takes a long time. And sometimes your talent just needs to be developed better and is actually already right in front of you. Take tests, ask friends what they think you're good at, and try new jobs.

Keep Moving Forward (Growing and Learning)

Growing and learning raises our self-confidence and is the true source of self-esteem. It also raises our consciousness, making us more aware of everything around us. Growing and learning leads to truth, and truth is what sets us free. By growing and learning we become more interesting and improve our chances of having better and more fulfilling relationships, opportunities, and conversations.

Self-Care Basics Checklist Review

Which area (mind, body or spirit) of self-care do you struggle with the most and why do you think you struggle so much in that area?

What specifically in that area do you struggle with? List them all.

Pick two from above to improve. What is your plan to improve them?

Self-Care Basics

Self-Care Goals

Goal #1

Action Steps

01

02

03

Goal #2

Action Steps

01

02

03

Goal #3

Action Steps

01

02

03

Goal #4

Action Steps

01

02

03

Self-Care Basics

Gratitude

At the end of the day list 5 *specific* things you were grateful for that day. Don't list general thankfulness like "my family", list very specific details of that day. Such as "I'm thankful I was able to go to my son's basketball game tonight to see him play."

MONDAY	TUESDAY
WEDNESDAY	THURSDAY
FRIDAY	SATURADAY
SUNDAY	WEEK