




# Self Care

for the  
Mind, Body & Soul

Action Planning for  
Personal Happiness

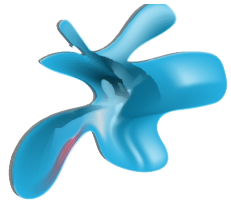


# Benefits of Self-Care

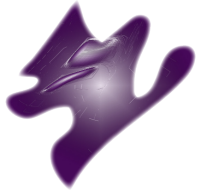
Based on my experiences, the following have proven to be benefits to regular self-care:

- >> improved overall happiness
- >> increased self-awareness and self-esteem
- >> enhanced emotional intelligence
- >> improved response to various situations
- >> reduced anxiety and depression
- >> improved focus and attention
- >> improved communication
- >> increased creative thought and problem solving
- >> improved life balance

# 5 Areas of Self-Care



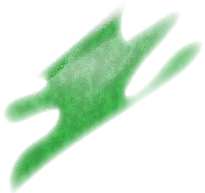
Emotional



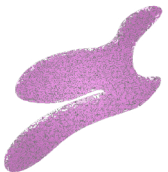
Spiritual



Physical



Social



Intellectual







# EMOTIONAL

Emotional self-care is responding to feelings and emotions in a healthy way, a way that feels good for you.

Ways to work on emotional self-care



## JOURNAL

Sit in a quiet or inspirational place. Write whatever comes to you, or use word/sentence prompts to help you get started. There are lots of online resources to get started.

## LISTEN TO MUSIC OR READ

Listen to calming music, such as a chillstep or a relaxation playlist. Read an inspirational or self-help book, such as emotional intelligence or books on positive reframing.

## TAKE PHOTOGRAPHS

Take photos of emotions you have a hard time with. Or take pictures of things you are grateful for, to help you understand and appreciate the daily occurrences in your life.

## AFFIRMATIONS

Start a playlist and listen to it every morning for 10 to 15 minutes. Write affirmations on sticky notes and place them around the house. Have 3 to 5 on hand that you can repeat in your head throughout the day, especially if you are having an off day.

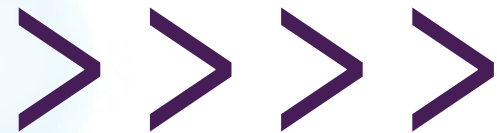
## LISTEN TO YOUR INTUITION

No one knows you better than you know yourself. Listen to that gut feeling when something feels off, or remove yourself from a stressful situation when you need to. Loving and putting yourself first is important. You cannot fully love or help others if you do not listen to what you need.

# SPIRITUAL

Spiritual self-care is taking care of your heart and soul by engaging in activities that make you “feel good”, or give you that warm-fuzzy feeling inside.

Ways to work on spiritual self-care



## MEDITATION

Make a plan to meditate at least once per day. Try a mid-day body scan. There are many meditation apps to help with this. Or if you have trouble sleeping, try and do a sleep meditation, to help calm your mind for sleep. If you want to feel inspired first thing in the morning, try a meditation for envisioning the outcome of your day, or to instill positive energy into your mind and body before the day starts.

## GRATITUDE

Write down 3 to 5 things you are grateful for each day, whether first thing in the morning, during a mid-day break, or before you go to bed. Writing them down helps you to consistently see it, and appreciate it.

## TAKE YOURSELF ON A DATE

What do you love to do? Do it, alone. There is no better way to learn more about yourself, what you are feeling, or overcome fears/anxieties, then facing them and just being present with yourself, and yourself alone. Maybe even write or listen to calming music on your date, depending what activity you choose to do. Be present, be aware.

## WRITE

Just write. Get it all out. Whatever you are feeling or thinking. Use word/sentence prompts to help you. Listen to music that inspires you. Go to a physical place that helps you write.

## YOGA or WALKING

Take a yoga class, or try it at home. There are many free apps out there to get started. Take a walk around the block a couple times a day. Take a long walk in silence, or with relaxation music.

## DRINK TEA, SIT IN SILENCE OR WITH RELAXING MUSIC

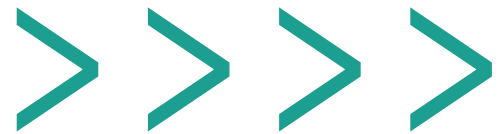
Make a nice hot cup of tea. Sit in your favourite place in your house or yard. Put on some relaxing music, some mood lighting, or just sit and gaze out the window.



# PHYSICAL

Physical self-care is taking care of your *body* and staying healthy.

Ways to work on physical self-care





## WORKOUT

Did you know you do not need to go to the gym or do an hour workout to feel good about yourself? Try a 10 minute HIIT workout, go for a walk, or two, throughout the day.

## MEAL PLAN and PREPARE

Find time on Sundays, or any day you choose, to plan ahead for the week. Whether you physically meal plan, or use an app and input all your meals for the week, it will help. Ensure you are eating healthy meals and snacks. Treat yourself, of course! That is a part of self-care too!

## SLEEP

Sleep, what a great thing! Get yourself into a night routine. Try to avoid screens an hour before bed. Try meditation to sleep, or prior to sleep. Go through your daily gratitudes before bed. We all need to get a good sleep, or we are thrown out of wack! Find a routine that works best for you.

## BODY SCAN

Body scans are a great way to understand your body and mind more. There are many apps out there that can help you get started. Try the app called Meditation. Scanning your body on a daily basis can really give you solid insight into what your body and mind need. It can also help you in many other areas of self-care.

## DRINK WATER

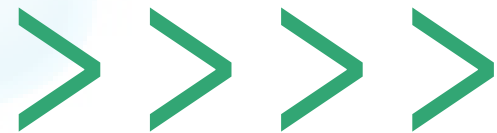
Yep! We hear it all the time! It is true, though, we do need water to live! Ensure you are drinking plenty of water throughout the day. Start a goal that you have to drink throughout the day. Set goals or reminders to have a glass every hour. You will feel better, I promise.



# SOCIAL

Social self-care is working on relationships and human connections. It is all about learning to re-charge while being social, instead of being drained by social interactions.

Ways to work on social self-care



## VOLUNTEER

Do you have an organization you are passionate about? Do you have opportunities to be more involved in your children's school? Seek opportunities that will fulfill and satisfy you, not just check a box. You may even meet new people or discover more about your true self.

## WRITE A LETTER

Get out that pen and a piece of paper, sit down, and write a letter to a friend or family member. It may feel good to reconnect in an 'old-fashioned' way, as opposed to the current daily digital connections.

## REACH OUT TO AN OLD FRIEND

Is there someone in your life you have been wanting to connect with for a while? Pick up the phone, call them. Or drive to their house, surprise them. Or just make plans to meet up for lunch or coffee.

## GAME/HANG NIGHTS

Sometimes all we need in our lives is just some good ol' hangout and down time. Set up a games night. Put everything else on hold. Set the time aside to just have some fun!

## FIND A WALKING PARTNER

Get outside and go for a walk with a friend or family member. Sometimes this is a good opportunity to catch up and get some exercise at the same time.

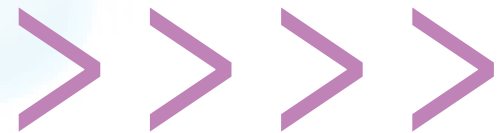
## JOIN A GROUP/ACTIVITY

Get involved in a new activity or group within the community! You never know who you will meet, or what you will learn!

# INTELLECTUAL

Intellectual self-care is about stimulating your mind and setting goals to work towards.

Ways to work on intellectual self-care





## LEARN SOMETHING NEW

There is so much to learn in this ever-changing and growing world! Want to learn more about photography? Or art? Or computers? Take a course! There are so many free resources out there. My favourite resource to share is through GALE Courses, through the library in your area. FREE, and so many lessons available.

## LISTEN TO PODCASTS

Oh yes! Listen to a podcast about life, a hobby you are interested in, personal and professional development, etc. A favourite of mine is the Mindset Mentor. I have learned and grown so much from just listening to a podcast almost every morning.

## READ A BOOK

So many books out there to choose from! Try to read some non-fiction books. Some of my favourites include: Loveability, The Subtle Art of Not Giving A F@%k, Happy Not Perfect, and many more!

## EXPLORE SOMETHING NEW

We do not have to be an expert, or even know a thing, to learn something more, or even something new. We just need to have interest and a willingness to learn. Explore a new area within the city, discover a new museum or art gallery, learn a new skill, etc.

## ATTEND AN EVENT YOU KNOW NOTHING ABOUT

Look up events throughout the city. This is easy. Facebook has a page dedicated to this! Plan to attend an event you know nothing about, or one that you would not regularly attend. You never know who you will meet or what you will learn by doing this.



# Planning & Evaluation for Success

How to plan, so you can benefit most from self-care exploration and activities:

- >> Get out a pen and paper.
- >> Write down an area you would most like to work on.
- >> Write down two ideas you have that you can focus on. If you did not like the suggestions mentioned, do a google search and see if there are other ideas more suited to you.
- >> Commit to your two ideas.
- >> Find at least two days/times a week for a month that you can follow through with your commitment. Put it in your calendar and ensure you set aside that time. No excuses.
- >> Start a diary or journal.
- >> At the end of each experience, or each week, write about your experience.

How to evaluate your commitment and progress:

- >> Review your journal and experience.
- >> Write down or think about the following:
  - What did I learn about myself?
  - How did this experience make me feel?
    - What did I enjoy?
    - What didn't I enjoy?
  - How can I adapt this commitment next time?
    - What is my next commitment?



