

Self Care Guide

A reflection on our individual wellness

Self-Care Definition

Any activity that we do deliberately in order to take care of our mental, emotional, and physical growth.

Activities that replenish us and nourish us to stay balanced in body mind and spirit, keeping us fit and resilient in times of physical or emotional stress.

Basic Self Care

- **Get enough sleep** – Not enough sleep can drain you emotionally and physically
- **Hydrate** – In the morning before you caffeinate and throughout the day
- **Healthy eating** - What kind of fuel supports your energy and growth?
- **Physical activity** – Work this into your daily or weekly plan
- **Connection with others** – People are the most important thing in our lives
- **Saying no!** and being assertive – be true to yourself and your needs
- **Relaxing** – Take time to do what you enjoy or what refuels you
- **Reducing stress** – Be aware of what causes stress/work with a coach or therapist

Take some time

- Spend a few minutes regularly to take care of your own needs (like putting your own oxygen mask on first, before helping someone else.) How much time do you have to support your well being?
- In order to be selfless we have to be selfish enough to recharge ourselves.
- There are many ways to take time for yourself, what recharges you?
 - Take a walk, yoga, Meditation, Tai Chi, take an art class, journaling, or something else?
 - It could simply be taking a shower to wash off the work day before engaging with family

“Almost everything will work again if you unplug it for a few minutes, including you.”

– Anne Lamott.

Evaluate and Identify

What Nourishes You?

- At home
- At work
- Experiences/Activities
- Which people?
- What inspires you?

What Depletes You?

- At home
- At work
- Experiences/Activities
- Past/current trauma
- Which people?

Recognizing what depletes you can help you be more strategic.

Just say no to negativity

- Everyone is negative sometimes, help by reframing where you can.
- Some are always negative, who are these people in your life?

You can't always eliminate the people and things in your life that are negative -

- Limit your exposure, or distance yourself from negative or unsupportive people.

Surround yourself with positive, supportive people

Ask for help when you need it

This can mean many things – What does it mean to you?

- House cleaning service
- Yard services
- Help with children (nanny, babysitter)
- Laundry service
- Personal Chef
- Personal Coach
- Psychologist/Therapist
- Physical Trainer
- Help with workload at work
- What would help you?

Love what you do!

- **Choose meaning over passion!** New evidence reveals that people who look for purpose and meaning are more successful —and less likely to quit their jobs—than those who look for passion and joy.
- A rewarding career is more about doing what's important to you. Passion can fade. Meaning lasts. [Read more here](#)
- Keep in mind that even meaningful work isn't enough in a toxic environment.

Does your work energize you, or deplete you?

Choose Happiness

Happiness does not just appear and land on you like a butterfly - you have to cultivate, and grow it, you have to fight for it.

Create your own happiness!

- Don't make it someone else's responsibility to make you happy, or base your happiness on external circumstances like a job, material possessions or other people.
- “There is a warrior aspect to being happy” - Drew Barrymore [read more](#)

“Happiness is an inside job” -Jon Kabot Zinn

The Power to Choose!

What is your happiness worth to you?

- Never allow yourself to feel hopeless or stuck in a situation.
 - Deal with it head on
 - If you can't improve it, you don't have to choose it. You can choose to walk away from it!
- How do you let people treat you? • Do you stand up for yourself?
- Recognize that not choosing (or ignoring a situation) is a choice - the choice to live with something that makes you unhappy.

Be you!

Celebrate your own unique contribution to the world and accept and love yourself:

- Live true to your values
- Believe in yourself and follow your convictions
- Don't give up who you truly are in order to be liked or accepted by others
- Raise the energy of others up to your level, don't shift your energy to theirs

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment”— Ralf Waldo Emerson

Rules to live by

- Have an attitude of gratitude –
 - It frees you from feeling **entitled** for what you do have, or **resentful** about what you don't have
- Be kind to self and others
- Forgive and be open hearted
- Don't make assumptions
- Choose a positive attitude/perspective/mindset
- Invest in your own happiness- spend time on what brings you joy

Take charge, make a plan!

On the next few pages you will gather some information and assess your life satisfaction:

- You will start by looking at your answers to the questions we asked earlier in this guide
- You will think about your life in terms of pressures
- Then, you will go through the Wellness Wheel exercise , and you will identify which areas of your life may be in need of some self-care.

Ready? Lets get started on the next slide.

Answers to questions we asked earlier in this guide

- Can be people or situations -

What Depletes You?

What holds meaning for you?

What are you choosing that
makes you unhappy?

What Nourishes You?

What do you need help with?

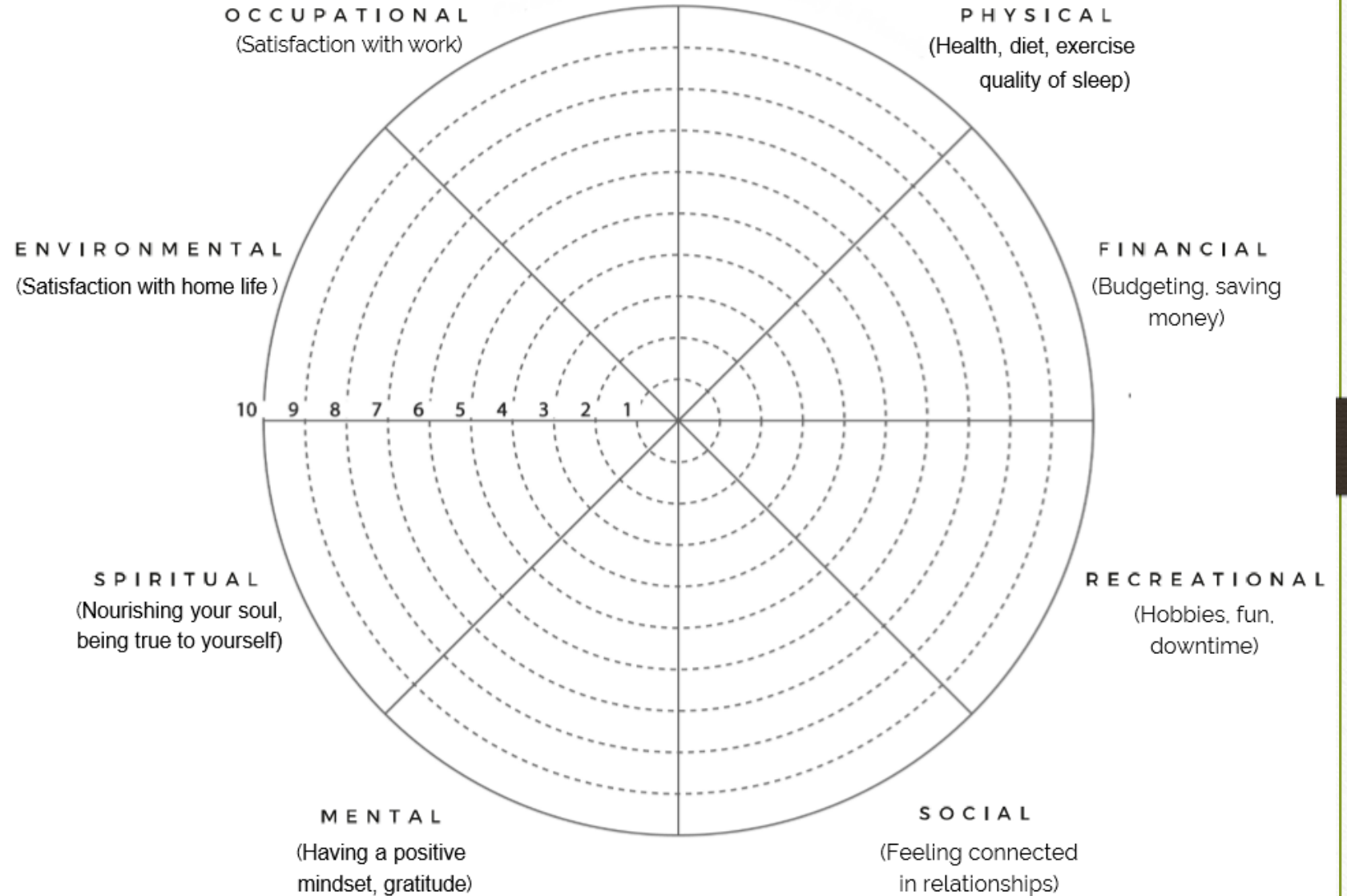
What Pressures Exist?

- Financial
- Work
- Time:
 - Work-life balance
 - Personal time/family time
- People
- Something else?

Instructions

The 8 sections of the wheel represent your life. Rank your level of satisfaction with each area out of a total of ten points.

- 1 indicates that you are struggling and feel unfulfilled in that area
- 10 indicates that you are completely satisfied with that area- no improvement needed
- Color the number of spaces on the wheel that match your ranking, starting from the inside of the wheel and working out.



Wellness Wheel -How did you score?

Physical: __/10

Mental: __/10

Recreational: __/10

Environmental: __/10

Financial: __/10

Social: __/10

Spiritual: __/10

Occupational: __/10

- Which of these areas are most important to you?
- Do your scores line up with this?

Questions to consider

- When you imagine complete satisfaction in each area, what do you picture?
- If your score is less than that, what is missing?

- What activities or practices would increase your feeling of fulfillment?

Plan your next steps

What 1-3 actions can you take in the next 3 -6 months to improve these areas?

Create the life that you want – Never give up!

What's next?

- Make a commitment
- Keep a journal to document your progress.
- Did you realize that a goal that you set wasn't what you really wanted?
 - Know that it is ok to change course mid-stream
- Making progress? Keep going!

Revisit the wheel exercise periodically to see where you are at.

Recommended reading

- The Four Agreements, The Mastery of love – Don Miguel Ruiz
- How we choose to be happy - Foster and Hicks
- Learned Optimism – Martin Seligman