

SELF-CARE **WORKSHOP**

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**“THE PRACTICE OF
TAKING
AN ACTIVE ROLE IN
PROTECTING ONE’S
OWN
WELL-BEING AND
HAPPINESS”**

This workbook has been produced by Southern Brooks Community Partnerships on behalf of South Gloucestershire Council.

For more information, visit: <https://oneyou.southglos.gov.uk/wellbeingsupport>

ASPECTS OF SELF-CARE

- EMOTIONAL
- MENTAL
- PRACTICAL
- SPIRITUAL
- SOCIAL
- PHYSICAL



SELF-CARE IS VERY PERSONAL TO THE INDIVIDUAL, SO SOME OF THESE ASPECTS MAY OR MAY NOT APPLY TO YOU.

IN THE NEXT FEW PAGES, WE'LL BE GOING THROUGH EACH ASPECT INDIVIDUALLY

IT'S ABOUT FOCUSING ON WHAT WORKS FOR YOU!

ASPECTS OF SELF-CARE

PHYSICAL

ACTIVITIES TO IMPROVE THE WELLBEING OF YOUR PHYSICAL SELF

- EAT WELL
- DRINK PLENTY OF FLUIDS
- GET ENOUGH SLEEP – DEVELOP A GOOD SLEEP ROUTINE
- GET REGULAR EXERCISE
- GIVE YOURSELF BREAKS / REST
- LOOK AFTER YOUR APPEARANCE AND KEEP TIDY / CLEAN
- LISTEN TO YOUR BODY

EMOTIONAL

ACTIVITIES TO IMPROVE THE WELLBEING OF YOUR EMOTIONAL SELF

- TALK ABOUT YOUR FEELINGS
- HAVE A SUPPORT NETWORK
- DEVELOP SUPPORTIVE RELATIONSHIPS
- GIVE YOURSELF A BREAK
- TALK ABOUT YOURSELF WITH POSITIVE SELF-TALK – WHAT WORDS DO YOU USE ABOUT YOURSELF?
- DO THINGS YOU ENJOY
- EXPRESS YOUR PERSONAL BOUNDARIES
- CREATIVE ACTIVITIES

ON A SCALE OF 1 - 10 WITH 10 BEING THE HIGHEST, CIRCLE WHERE YOU FEEL YOU ARE RIGHT NOW FOR PHYSICAL SELF-CARE-



NOTES

ON A SCALE OF 1 - 10 WITH 10 BEING THE HIGHEST, CIRCLE WHERE YOU FEEL YOU ARE RIGHT NOW FOR EMOTIONAL SELF-CARE-



NOTES

ASPECTS OF SELF-CARE

MENTAL

ANY ACTIVITY THAT STIMULATES YOUR MIND & INTELLECT

- ENSURE YOU HAVE ENOUGH REST MENTALLY AS WELL AS PHYSICALLY
- SPEND TIME DOING SOMETHING YOU LOVE, SUCH AS A HOBBY OR INTEREST, PARTICULARLY ONES THAT STIMULATE YOUR MIND
- DEVELOP SELF-AWARENESS THROUGH RECOGNISING HOW YOUR THOUGHTS AFFECT YOUR FEELINGS
- RECOGNISE WHAT YOU CAN AND CAN'T HAVE AN INFLUENCE OVER – LET GO OF WHAT YOU CAN'T CONTROL

SOCIAL

ACTIVITIES THAT NURTURE AND DEEPEN THE RELATIONSHIP WITH OTHERS

- PRIORITISE CLOSE RELATIONSHIPS IN YOUR LIFE
- SPEND TIME WITH RELATIONSHIPS THAT SUPPORT YOU
- DEVELOP PERSONAL BOUNDARIES - LEARN TO SAY NO IF NECESSARY
- FIND TIME TO LAUGH AND HAVE FUN WITH THOSE WHO HELP YOU TO FEEL HAPPY
- NURTURE YOUR SOCIAL LIFE AND AIM TO SPEND TIME WITH POSITIVE PEOPLE
- MAKE TIME TO CONNECT WITH OTHERS

ON A SCALE OF 1 - 10 WITH 10 BEING THE HIGHEST, CIRCLE WHERE YOU FEEL YOU ARE RIGHT NOW FOR MENTAL SELF-CARE-



NOTES

ON A SCALE OF 1 - 10 WITH 10 BEING THE HIGHEST, CIRCLE WHERE YOU FEEL YOU ARE RIGHT NOW FOR SOCIAL SELF-CARE-



NOTES

ASPECTS OF SELF-CARE

SPIRITUAL

ACTIVITIES THAT NURTURE YOUR SPIRIT, THIS DOES NOT HAVE TO BE RELIGIOUS

- PRACTICE MEDITATION / MINDFULNESS
- YOGA
- GO TO A PLACE WHERE YOU FEEL CALM, A PLACE THAT HELPS YOU CONNECT WITHIN
- SPEND TIME IN NATURE
- DEDICATE TIME FOR SELF-REFLECTION
- JOURNAL – WRITE DOWN REFLECTIONS AND EXPERIENCES

PRACTICAL

TASKS YOU COMPLETE TO PREVENT FUTURE STRESSFUL SITUATIONS

- CREATE A BUDGET PLAN OF FINANCIAL INCOMINGS AND OUTGOINGS
- TAKE PROFESSIONAL DEVELOPMENT CLASSES IF NEEDED
- ORGANISE YOUR HOME AND BELONGINGS
- SCHEDULE APPOINTMENTS AS NECESSARY TO RELEVANT PLACES SUCH AS THE DENTIST, DOCTORS, OPTICIANS ETC
- CREATE A 'TO DO' LIST OF PRACTICAL TASKS

ON A SCALE OF 1 - 10 WITH 10 BEING THE HIGHEST, CIRCLE WHERE YOU FEEL YOU ARE RIGHT NOW FOR SPIRITUAL SELF-CARE-



NOTES

ON A SCALE OF 1 - 10 WITH 10 BEING THE HIGHEST, CIRCLE WHERE YOU FEEL YOU ARE RIGHT NOW FOR PRACTICAL SELF-CARE-



NOTES

SELF-CARE

AFFIRMATIONS

What are affirmations? - Simple positive statements, declaring goals in their completed states. They can have a profound effect on the conscious and unconscious mind.

You should repeat an affirmation (preferably out loud) for at least five minutes every day, and preferably fifteen minutes a day, for it to begin to impress your subconscious mind. And you should also repeat it whenever you catch yourself thinking negatively about the situation

- **Start with the words "I am."**
- **Use the present tense**
- **State it in the positive**
- **Affirm what you want, not what you don't want**
- **Keep it brief**
- **Make it specific**
- **Make affirmations for yourself, not others**

Examples -

"I am worthy of all things wonderful"

"I am strong"

"I am free to be myself"

"I am able to express myself confidentially"

"I am a magnet for positive experiences"

"I am enough"

Have a go at creating your own -

"I am _____"

"I am _____"

"I am _____"

"I am _____"

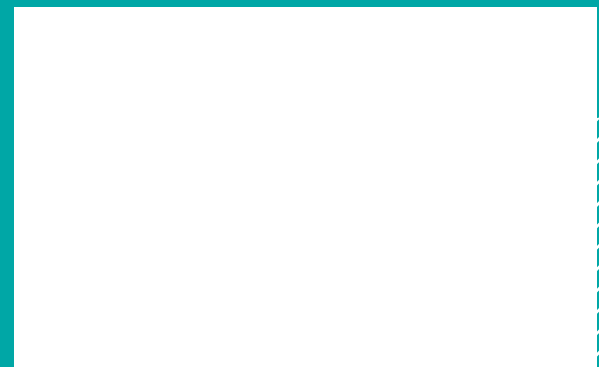
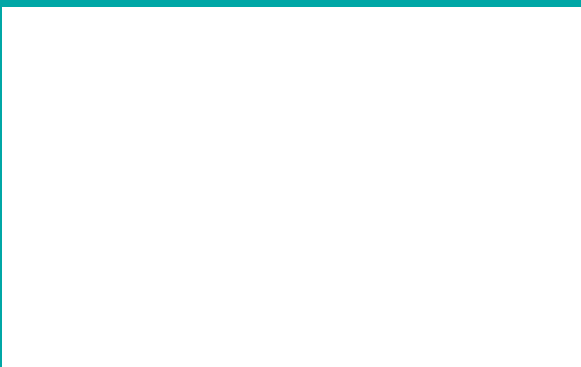
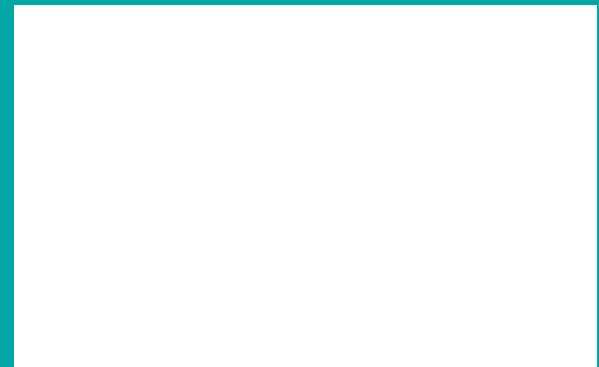
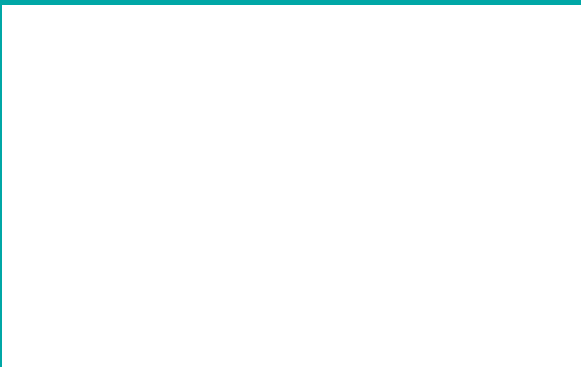
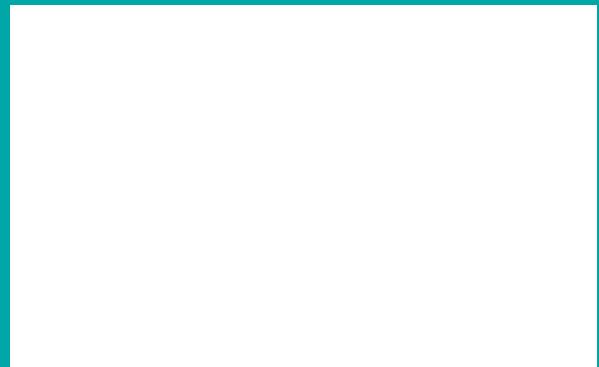
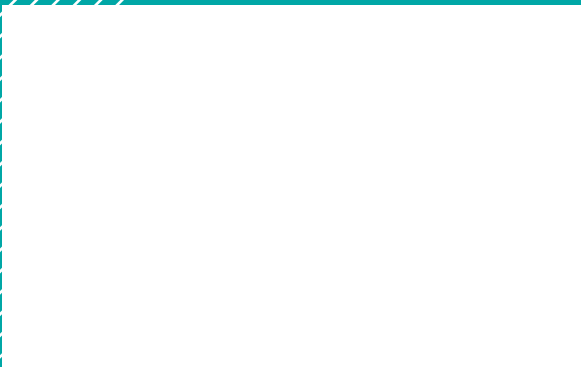
SELF-CARE TOOL KIT

A self-care tool kit is a box filled with items to help you take care of yourself and feel better. Spend some time to reflect on what makes you feel better and fill a box / kit with items that create a calming effect, allowing you to express yourself and make you feel comforted. Some ideas include:

Journal, crafts, snacks, nutritious food, books, tea bags, positive quotes, music, oils, scents, photos of loved ones, positive memories, affirmations

WHAT WILL YOU PUT IN YOUR TOOLBOX?

write or draw below in the boxes



SELF-CARE

REFLECTING ON YOUR OWN SELF-CARE
EXERCISE

THE THINGS I LIKE TO INDULGE IN

THE ONE THING I LOOK MOST FORWARD
TO

THE BEST WAYS FOR ME TO RELAX

SELF-CARE GOALS

WRITE DOWN 1-5 THINGS THAT YOU CAN DO THIS WEEK TO SELF-CARE, SCHEDULE IT INTO YOUR DIARY

THIS WEEK I WILL SELF-CARE BY:

- 1

- 2

- 3

- 4

- 5

THIS WILL HELP ME TO:

SELF-CARE IDEAS

SOME MORE IDEAS TO SELF-CARE

- **TREAT YOURSELF TO YOUR FAVOURITE MEAL**
- **SPEND TIME COOKING**
- **DO YOUR FAVOURITE EXERCISE**
- **WALK IN NATURE**
- **SPEND TIME WITH ANIMALS/PETS**
- **GO ON A NICE TRIP TO SOMEWHERE YOU LOVE**
- **HAVE A BUBBLE BATH**
- **WATCH A FILM YOU LIKE**
- **PAMPER YOURSELF**
- **PHONE A FRIEND OR FAMILY MEMBER WHO MAKES YOU LAUGH**
- **NURTURE YOUR SOCIAL LIFE AND SPEND TIME WITH POSITIVE PEOPLE**
- **SCHEDULE IN TIME FOR YOU TO DO WHAT YOU LOVE**
- **WEAR YOUR COMFY CLOTHES AND RELAX**
- **MEDITATE/PRACTICE MINDFULNESS**
- **LEARN TO SAY “NO” TO DEMANDS ON YOUR TIME**
- **LEARN TO SAY “YES” TO OFFERS OF HELP**
- **LISTEN TO YOUR INTUITION**
- **LET GO OF WHAT YOU CAN'T CONTROL**
- **EAT WELL, SLEEP WELL AND EXERCISE**
- **BE KIND TO YOURSELF, USE NICE WORDS**
- **BOOK A THERAPY – MASSAGE/PAMPERING**
- **SEEK HELP IF YOU FEEL YOU NEED EXTRA SUPPORT**
- **DO SOMETHING YOU LOVE REGULARLY**
- **MAKE TIME FOR YOURSELF – EMBRACE HOBBIES**
- **EMBRACE YOUR CREATIVITY**
- **MAKE A POSITIVE AFFIRMATION**
- **TIDY YOUR HOME**