

A woman with dark curly hair is meditating in a lotus position. She is wearing a light pink spaghetti-strap top with lace trim and light blue and white striped pants. Her eyes are closed, and her hands are resting on her knees in a mudra. The background is a simple, light-colored room with a wooden frame visible in the upper right.

MIND, BODY, SOUL

*Self-Care
Workbook*

WELCOME SIS,

Self-care is vital to practice routinely. While activities like a relaxing bubble bath, a soothing massage, or a leisurely walk are undoubtedly enjoyable and can be necessary, self-care also entails nurturing yourself in ways that hold personal meaning, resonating deeply within, and nourishing your mind, body, and soul.

The manifestation of self-care is highly individualized. It revolves around the everyday rituals that help you establish a connection with yourself, safeguard your inner serenity and vitality, explore what brings you joy and contentment, and identify strategies to cope during challenging moments.

This book will guide you through a few valuable tips and insights on nurturing your mind, body, and soul through self-care.

Remember, you are deserving and worthy of everything life has to offer.



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MENTAL AND EMOTIONAL SELF CARE

Mental self care refers to anything you do to support your emotional, psychological, and social well being.

Emotion self care refers to identifying and become aware of what you are feeling and allowing yourself to lean into that in a way that honors yourself and your emotions.

Being able to regulate your emotions is important not only to help you develop healthy coping mechanisms but also to increase your overall health, happiness, and sense of well being.

SPIRITUAL SELF CARE

Spiritual self care refers to any activities you engage in that put you in connection with your soul. These are the beliefs and values that guide your life, but because of our diversity in culture and background, these will be different for everyone.

This could look like going on a nature walk or connecting to a higher power through religious observance. Spiritual self care can provide peace and comfort when dealing with the stresses of life.

WAYS TO PRACTICE SPIRITUAL SELF CARE

- Prayers and affirmations
- Meditation, practice gratitude
- Start a creative project
- Connect with nature
- Read a book
- Gardening
- Attending a religious service or event
- Mindful walking
- Connecting with community and things that bring you joy and energy
- Unplug
- Yoga
- Take time for yourself
- Talk with a friend, mentor, or spiritual advisor



SOCIAL SELF CARE

Humans are social beings by nature. We thrive and were designed to experience life together. Yes, even you introverts! Practicing social self care nurtures and deepens the relationships we have with people in our lives.

Connecting with others is essential for our health and well-being. It can help us feel less stress, boost physical health, lower anxiety and depression, and promote better mental and emotional health.

Social self care can also be the opposite. It can mean evaluating your relationships to help you be aware of who you want to spend more time with. It can also mean setting boundaries and looking at those relationships that no longer serve you.

WAYS TO PRACTICE SOCIAL SELF CARE

- Practicing reaching out to others
- Focus on spending quality time
- Plan on social outings
- Disconnect, unplug, and spend time alone
- Be okay with saying no
- Plan a girls night
- Share your hobbies with others. If you like to dance invite a friend to a class.
- Call or video chat someone you don't see often
- Do something nice for someone
- Volunteer in your community
- Have a game night



PHYSICAL SELF CARE

Physical Self care refers to any activities or actions you engage in to take care of your physical well-being and needs. This looks different for everyone but here are a few ways to practice physical self care daily. .



Nourishing your body

Throughout your day choose foods that you enjoy and that contain vitamins, minerals, protein, dietary fiber, and antioxidants.

Sleep

Sometimes it can be hard to get a good nights sleep but it's import to prioritize it as much as you can. Sleep is essential for your overall health and getting enough sleep affects mental functioning and ability to fight disease. When we sleep it gives our body not only a chance to rest but to repair. When you get a good nights sleep you are more likely to have increased energy levels and reduced stress.



Daily movement

Movement is important for a number of reasons including: It is great for cardiovascular health, boosts energy levels and endorphins (happy hormones) , reduces stress, and promotes better sleep.

Hydrating

Hydration boots skin health, keeps organs functioning properly, aids in digestion, flushes body waste, and makes minerals and nutrients accessible to the body.



Creating peaceful spaces

Creating peaceful spaces provides sense of calm. A way of adding beauty to your environment relaxing atmosphere that can help boost your mental health.

GRADITUDE JOURNAL



WEEKLY REFLECTION

What is one good thing that happened this week?

How has this week made you feel?

What was difficult?

What brought you the most joy?

What are you most proud of?

How will you show up for yourself this week?

JOURNAL PROMPTS

- How does your job, family, friends, or daily environment affect your mental health?
- What do you value most in life?
- What does happiness mean to you?
- How do you cope with sadness? Is there a better way?
- What are your top 5 stressors?
- What do you need more of in your life?
- How can you take care of yourself today?
- What drains you?
- What is your biggest dream?
- What is a challenge you have overcome?
- Are there any thoughts, actions, or emotions you are avoiding?
- What do you and don't you have control over?
- How did your upbringing affect your mental health?
- What can you give/do for others?
- How do I so yourself love?
- What does forgiveness mean to you? Is there someone you need to forgive?

Write a letter to your younger self. What advice or comfort would you give her?



DAILY *planner*

M T W T F S S

MOOD



WEATHER



QUOTE OF THE DAY



BREAKFAST

LUNCH

DINNER

SNACKS



TO DO LIST



NOTES

TOP 3 PRIORITIES

1

2

3

SCHEDULE

6AM

7AM

8AM

9AM

10AM

11AM

12PM

1PM

2PM

3PM

4PM

5PM

6PM

7PM

8PM

9PM

10PM