

RULES FOR BEING HUMAN

1. **You will receive a body.** You may like it or hate it, but it will be yours for the entire period this time around.
2. **You will learn lessons.** You are enrolled in a full-time informal school called life. Each day in school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. **There are no mistakes, only lessons.** Growth is a process of trial and error, experimentation. The “failed” experiments are as much a part of the process as the experiment that ultimately “works”.
4. **A lesson is repeated until it is learned.** A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. **Learning lessons does not end.** There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. **“There” is not better than “here”.** When you’re “there” has become a “here,” you will simply obtain another “there” that will, again, look better than “here”.
7. **Others are merely mirrors of you.** You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. **What you make of your life is up to you.** You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. **Your answers lie inside you.** The answers to life’s questions lie inside you. All you need to do is look, listen, and trust.
10. **You will forget all of this – post this up so you can remember...**

Physical Symptoms

- Irregular bowel movements
- Involuntary twitching or shaking
- Irregular or missed periods
- Getting sick more often than normal
- Reduced libido
- Chest pain with or without tachycardia
- Headaches
- Nausea
- Muscle aches
- Trouble sleeping
- Heartburn or indigestion
- Fatigue
- Flushed skin
- Clenched teeth
- Unusual changes in weight

Emotional Symptoms

- Less than normal patience
- Feelings of sadness and/or depression
- Feelings of being overwhelmed
- Restlessness
- Reduced or eliminated desire for activities once enjoyed or regularly done
- Irritability
- Sense of isolation
- Trouble coping with life's issues
- More frequent or extreme pessimistic attitude

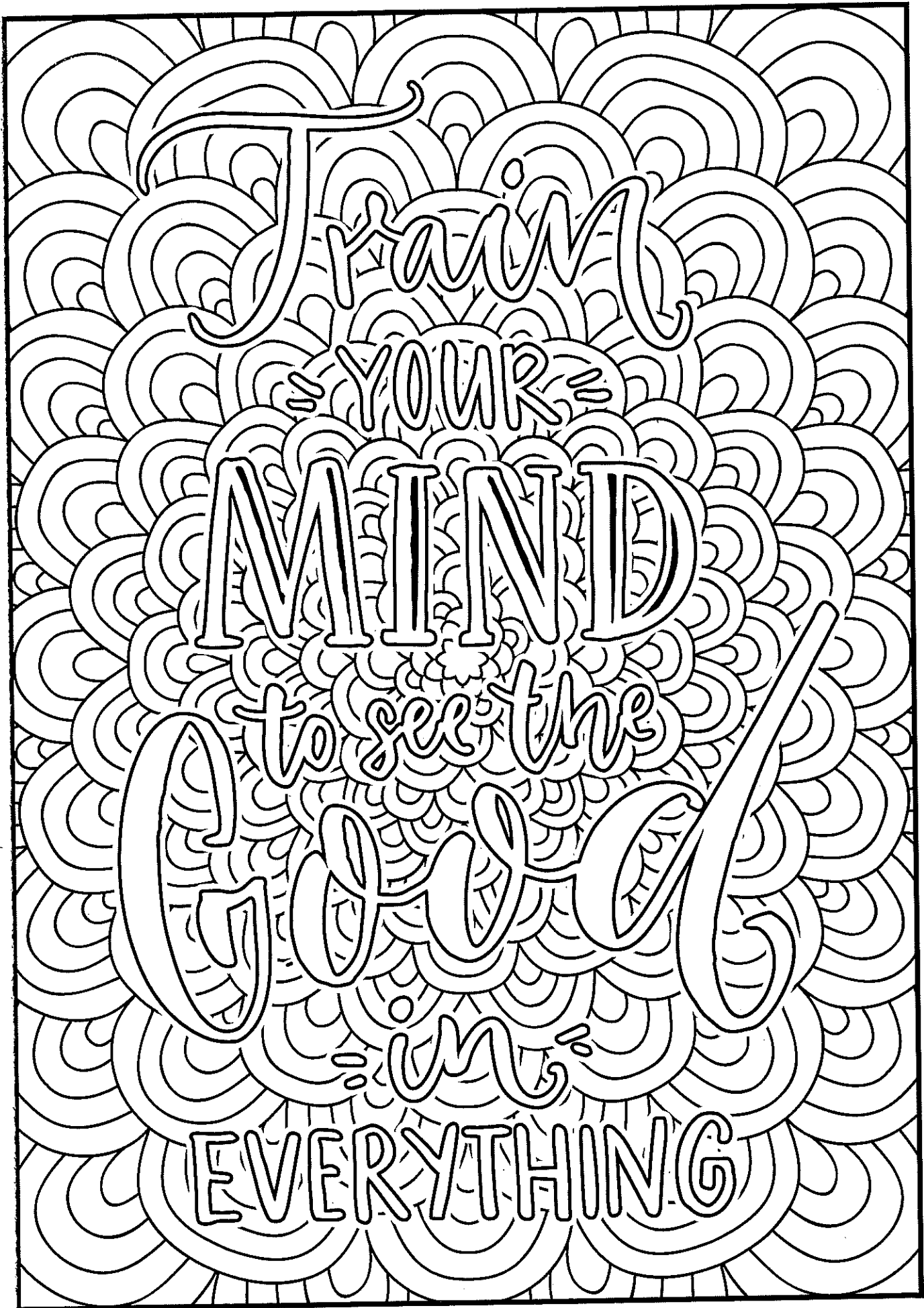


Cognitive Symptoms

- Impaired concentration
- Trouble with remembering things, such as homework assignments or deadlines
- Chronic worrying
- Anxious thoughts or feelings
- Reduced or impaired judgment
- Impaired speech (mumbling or stuttering)
- Repetitive or unwanted thoughts

Behavioral Symptoms

- Change in eating habits
- Change in sleeping habits
- New or increased use of drugs, tobacco or drugs
- Nail biting
- Pacing
- Abnormal failure or delay to complete everyday responsibilities
- Significant change in school or work performance
- Unusual desire for social isolation
- Frequent lying
- Trouble getting along with peers, such as coworkers, classmates or teachers



TRAINING
YOUR
MIND
to see the
GOD
in
EVERYTHING

Self-Care Assessment

Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognizing areas of your life that need more attention.

There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

1	I do this poorly	I do this rarely or not at all
2	I do this OK	I do this sometimes
3	I do this well	I do this often
★	I would like to improve at this	I would like to do this more frequently

1 2 3 ★ Physical Self-Care

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat healthy foods
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take care of personal hygiene
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Exercise
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Wear clothes that help me feel good about myself
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Eat regularly
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participate in fun activities (e.g. walking, swimming, dancing, sports)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Get enough sleep
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Go to preventative medical appointments (e.g. checkups, teeth cleanings)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Rest when sick
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Overall physical self-care

Self-Care Assessment

1 2 3 ★ Psychological / Emotional Self-Care

- Take time off from work, school, and other obligations
- Participate in hobbies
- Get away from distractions (e.g. phone, email)
- Learn new things, unrelated to work or school
- Express my feelings in a healthy way (e.g. talking, creating art, journaling)
- Recognize my own strengths and achievements
- Go on vacations or day-trips
- Do something comforting (e.g. re-watch a favorite movie, take a long bath)
- Find reasons to laugh
- Talk about my problems
- Overall psychological and emotional self-care

1 2 3 ★ Social Self-Care

- Spend time with people who I like
- Call or write to friends and family who are far away
- Have stimulating conversations
- Meet new people
- Spend time alone with my romantic partner
- Ask others for help, when needed
- Do enjoyable activities with other people
- Have intimate time with my romantic partner
- Keep in touch with old friends
- Overall social self-care

Self-Care Assessment

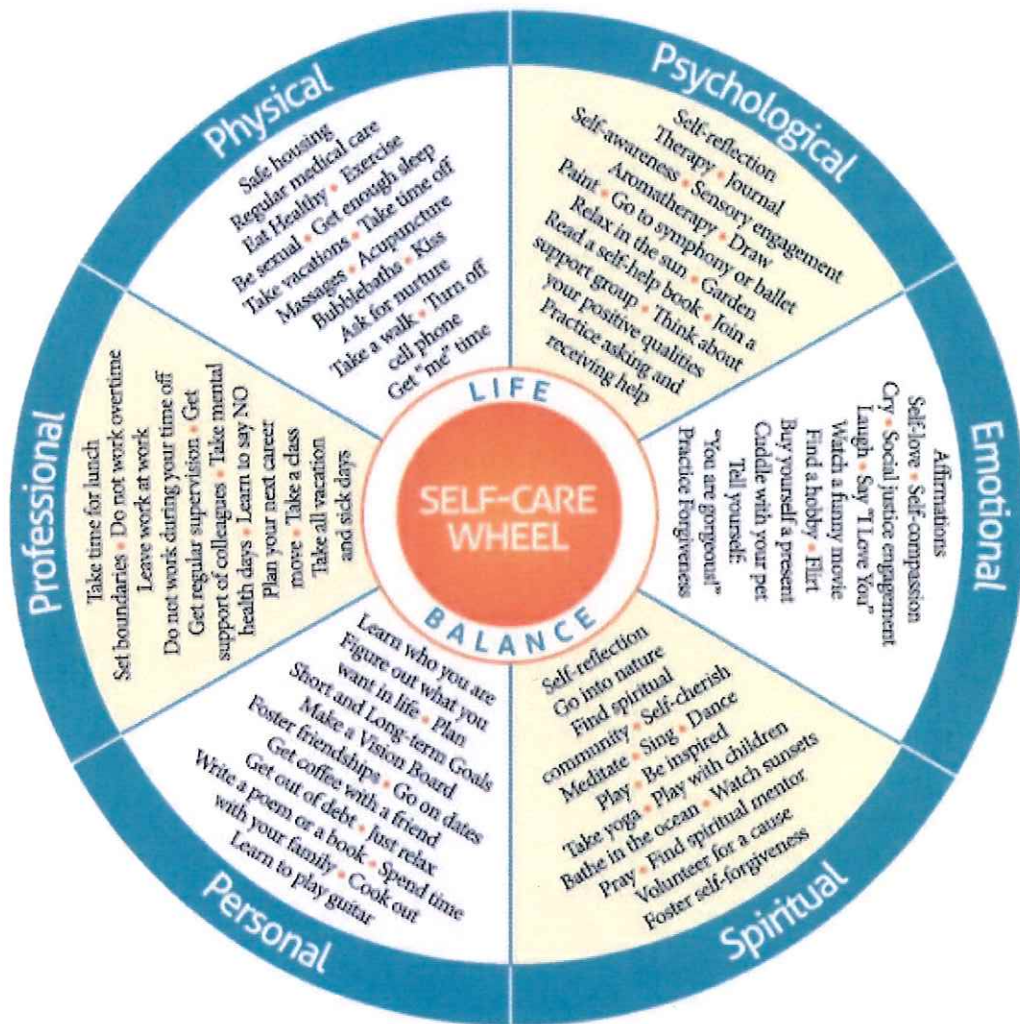
1 2 3 ★ Spiritual Self-Care

- Spend time in nature
- Meditate
- Pray
- Recognize the things that give meaning to my life
- Act in accordance with my morals and values
- Set aside time for thought and reflection
- Participate in a cause that is important to me
- Appreciate art that is impactful to me (e.g. music, film, literature)
- Overall spiritual self-care

1 2 3 ★ Professional Self-Care

- Improve my professional skills
- Say "no" to excessive new responsibilities
- Take on projects that are interesting or rewarding
- Learn new things related to my profession
- Make time to talk and build relationships with colleagues
- Take breaks during work
- Maintain balance between my professional and personal life
- Keep a comfortable workspace that allows me to be successful
- Advocate for fair pay, benefits, and other needs
- Overall professional self-care

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

www.OlgaPhoenix.com

Self-Care Ideas

5 MINUTES

- Brush your hair
- Make yourself a warm drink
- Light a candle
- Listen to an upbeat song
- Drink a glass of water
- Give yourself a foot massage
- Step outside in the fresh air
- Text someone you love
- 5 minutes of focused breathing
- Write down 10 things you're grateful for
- Dance like crazy
- Smile!
- Buy yourself flowers

15 MINUTES

- Have a shower
- Put on a face mask
- Go for a walk
- Make a smoothie
- Stretch
- Have a cat nap
- Call someone you love
- Pamper yourself
- Do short meditation
- Spend time in nature
- Journaling
- Watch a funny YouTube clip
- Soak in a bubble bath
- Write down positive affirmations

AN HOUR OR MORE

- Binge watch a funny show
- Spend time with friends
- Create a vision board
- Do an intense workout
- Get a massage
- Read a book
- Listen to podcasts
- Go on a hike
- Unplug from technology
- Try yoga
- Organize your wardrobe
- Cook a new meal
- Paint a picture
- Go to the movies

134 Activities to Add to Your Self-Care Plan

<https://www.goodtherapy.org/blog/134-activities-to-add-to-your-self-care-plan/>

- Pick one thing that you need to do and get it done so it's off your mental "to do" list.
- Get a manicure or pedicure.
- Get a massage.
- Try acupuncture. Read up on it if you've never tried it.
- Get a book from the library (free) or bookstore about some topic you've been interested in, but have never taken the time to learn. Afterward, spend a few minutes each day learning about it.
- Use a planner or a calendar to intentionally schedule "me time."
- In the morning, listen to music that inspires and motivates you.
- Write a list of things you're grateful to have in your life and post it somewhere you can see it often. We have a tendency to focus on the negative, so remind yourself of the good stuff.
- Go through your closet and purge the clothes you haven't worn in years. Donate them to a charitable organization.
- If you bring your lunch to work, pack a few extra items to share with someone less fortunate on your way or during your lunch break.
- Share a kind smile with strangers on your way to and from work. Some people may go all day without anyone acknowledging their existence.
- Start a cycle of encouragement. Tell someone near you what you appreciate about them. They may return the favor when you need it most.
- If you buy your morning coffee, skip it today and donate the money to a charity of your choosing.
- Call your mom, dad, or any other family member you care about just to say hi.
- For fun, dress your pet in a silly costume and take them on tour to make others smile.
- Learn how to sew. Self-sufficiency may have some other mental health benefits for you as well.

- Send a completely random care package to someone you love. Who doesn't love a surprise?
- Intentionally reestablish contact with someone you've lost touch with or have unresolved conflict with. If there is conflict, resolve it and let go of the unnecessary baggage.
- Try out a form of martial arts. A lot of schools offer a free lesson.
- Learn how to make a budget and keep track of your money coming in, going out, and know how much money you have right now. If you live paycheck to paycheck, this can be incredibly empowering.
- Take a moment at the end of each day and consciously list a few good things in your life. This can help refocus your emotions on all the positive things that happen each day, even when it doesn't seem like it.
- Turn off your phone and step away from the computer for a whole day.
- Carry some extra change and feed someone's meter if you see it running low. Random acts of kindness come back around!
- Take a few minutes of your day and enjoy a funny animal video on YouTube.
- Do something nice for someone and make sure no one can trace it back to you—an incognito act of kindness.
- Go for a walk by yourself with headphones on, listening to music you love.
- Prepare a meal, no matter how simple.
- Create something for no practical purpose such as a song, a poem, an essay, a painting, a drawing, a comic strip, a collage, etc.
- Start a genuine conversation with someone you care about that covers the following: things that are going well, things you're having a hard time with, and things you are grateful for.
- Lay on the floor on your back with your eyes closed for five minutes (or longer) and just breathe.
- Shower with all the lights off. It forces you to move incredibly slow and it's so relaxing. Make sure to have safety mats in place so you don't slip on your way out.
- Stare at your pet or another animal and seriously contemplate their existence. Do you think they believe they have a higher purpose?

- Rearrange all of your furniture in a way that makes you more comfortable or just to try something fresh in your living space.
- Check in with yourself a few times each day and take a moment to process your thoughts and emotions. Don't let them build up.
- Swing on a swing set. Too many adults forget how much fun this is.
- Call your friend or sibling when you know they can't answer and leave a ridiculously funny made up song as your voicemail. You'll spread a little laughter while also laughing in the process.
- Make up a brand new dance move and teach it to someone.
- Do a five minute meditation on your feet.
- Carve a couple hours out of your schedule this weekend to enjoy the classic film *You Can't Take it With You*.
- Go out to see a movie at your favorite theater all by yourself.
- Make brownies and give them away to a neighbor, family member, friend, or someone you know that could use a pick-me-up. Enjoy any leftover batter.
- Make a piece of artwork—draw, paint, cut and paste, whatever—that someone might interpret as ugly and tell it you love and accept it anyway.
- Watch *RuPaul's Drag Race* and bask in the charisma, uniqueness, nerve, and talent of the contestants. Try to channel some of that in your own life when you find yourself needing it.
- Karaoke, but do it completely sober.
- Worry less about your bathroom scale or any other appliance that makes you feel bad about yourself.
- Go to a support group meeting and share.
- Go to a support group meeting and listen.
- Listen to a podcast about something that interests you that you haven't yet explored.
- Tell your cat all of your darkest, most shameful secrets. His or her nonchalance and snuggles will remind you that you're okay.
- Share dorky pictures of yourself from middle school and angst-y teenage poetry and drawings with your friends. Ask for your friends to share theirs with you. This is a great

way to let go of feelings of shame or any embarrassment you might be holding onto from those awkward years.

- Roll out a blanket and eat your dinner on the grass at home or in the park. Invite someone else if you'd like company.
- If you live near them, two words: hot springs. If you don't live near hot springs, find the one nearest to you and start planning a vacation.
- Make yourself a gourmet grilled cheese and some tomato soup. Comfort food at the right time or during the right type of weather can be great for boosting your mood.
- Tell yourself something that resists self-criticism but feels encouraging like, "I'm doing the best that I can."
- Taking care of yourself can start with something small! Maybe today you just need to lie down on the couch instead of on your bed for a change of scenery.
- Write a zine, or a mini-zine, about something you care about, or that you think is interesting. You can make a mini-zine with just one sheet of 8 1/2 x 11 paper!
- Write something encouraging on a post-it and put it where you will see it every day! Or write directly on your mirror: "I am beautiful and brave." Or leave it for someone as encouragement and make them smile!
- Say a magnificent affirmation out loud, like "I am a child of the universe, and I have been given endless talents and capabilities."
- Commit to posting mostly or only positive things on your favored social media site for a while. For every sad news item, there's a related (or unrelated) story of resilience, bravery, and triumph.
- Write a review of a business you like. Send that positive energy into the universe and share some love for your favorite local places!
- Do something you used to like to do, whether or not you were or are "good at it." Remind yourself that you can do something just because you enjoy it, and the only way most people get better at something is practice.
- Read a book that's easy and fun. You can give it away to a younger person in your life after if you feel like giving it up.
- Listen to an album you loved when you were younger but haven't heard in a long time.

- Make a playlist or mixtape about your current mood. Give yourself permission to make one that expresses how you feel, or maybe even how you'd like to feel.
- Congratulate yourself for doing difficult things, even if they might not seem difficult to others. Depending on the individual, plenty of everyday things can be difficult, like riding the bus, standing in line, filing paperwork, going to the doctor, making food, doing chores, etc.
- Send a postcard to someone far away. Decorate it before sending it.
- Paint your nails a fun color. Use jewels, glitter, nail stickers, or false nails. If you don't want to spend money, try to use something you have around the house and see where your creativity leads.
- Go to a store that sells crystals and buy one that speaks to you. Look up what it means or does. Sometimes they are \$1 or less!
- Reflect on the struggles your ancestors endured so you could exist and remember that you have inherited their strength and resilience.
- Try to memorize one constellation you don't already know and find it in the sky tonight.
- Set your camera to macro and take close-up pictures of bugs, flowers, and anything else that catches your eye outside your home or in a public space.
- Select a lesser-known book by one of your favorite writers and dive into the pages.
- Use a site like [meetup.com](https://www.meetup.com), find something you're interested in, and commit to attending at least one meeting.
- Hand write a letter to a friend or relative and start a conversation the old-fashioned way.
- Learn a new board game you've never played such as chess, backgammon, or othello.
- If you play guitar, try learning a song from a genre you don't typically listen to.
- Find a spot in a busy place such as downtown, a bus station, or a mall and sit in silence with nowhere to be.
- Read a religious text you aren't familiar with.
- Build something spectacular with Legos, either from a kit or from your imagination.
- Dedicate a day to learning more about the local history where you live.
- Take an Epsom salt bath in total darkness and silence, or perhaps with just a candle or two.

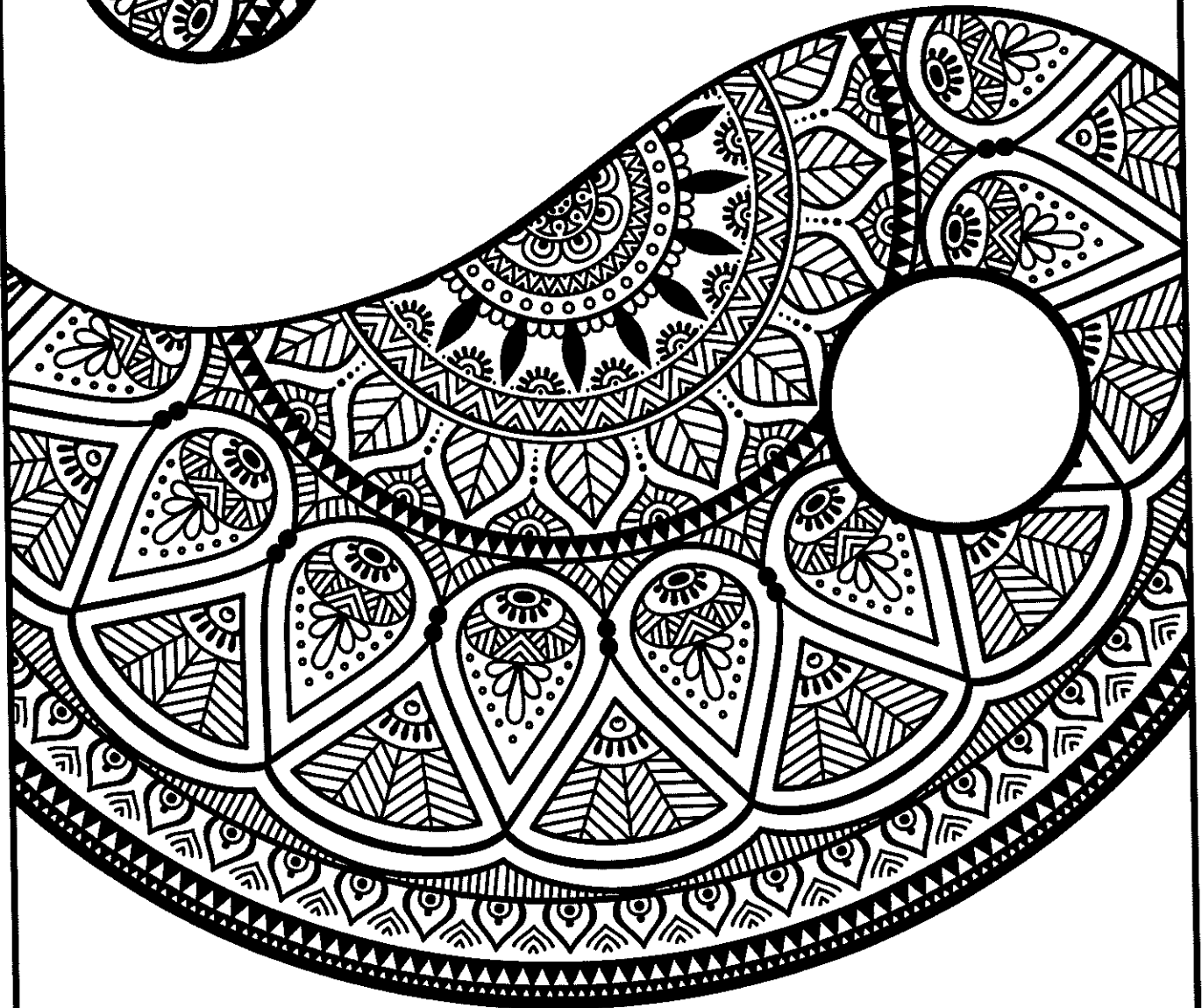
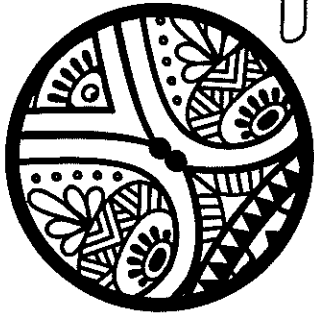
- Bring a little cheer to your local animal shelter. Pet the kitties and walk a dog. You don't necessarily have to take one home with you.
- Go for a walk around the neighborhood, or hike a local trail you've never been on.
- Cook a healthy and delicious meal using fresh ingredients you rarely splurge on.
- Plant something—a tree, a small vegetable garden, a flower.
- Sing! Turn up your favorite sing-along tunes and channel Etta James, Eminem, Eddie Vedder, or whoever moves you.
- If you live near a body of water and have access, go kayaking or canoeing. Bring a buddy, and wear a life vest.
- Go to a local gym or park and shoot some hoops, even if basketball isn't really your thing; don't worry about being "good" at it.
- Get that trendy or fashionable haircut you've been thinking about but always talk yourself out of.
- Finish this sentence: "I love myself because I _____." Do this once per day, with a new ending each time.
- Watch a couple episodes of a feel-good sitcom for a few giggles. Have an exit strategy so you don't get sucked into an all-day marathon and feel guilty for it.
- When you wake up in the morning, get in the habit of making your first thought a positive one: "I am ready for today." "Today is a new opportunity." "I will do something I am proud of today."
- Touch nature every single day. Hug a tree, pick a flower, or run your fingers through some grass.
- Pilates!
- Cut some fresh flowers and display them prominently to lift your spirit.
- Take a nap on the next Saturday you find yourself with an extra hour or two.
- Treat yourself to a tasty meal at a fancy restaurant because you've earned it.
- Learn the basics of a new language.
- Attend a local high school sporting event and remember what sports are like when nobody is getting paid to play them.
- Go to a comedy club. Laughter really is the best medicine.

- On a clear night, find a safe and secluded spot away from the lights of the city, grab a blanket, stare up at the stars, and let your mind wander from big to small thoughts.
- Go for a bike ride or a drive to nowhere in particular.
- Attend a local music performance. Many small clubs, restaurants, and coffee shops have free admission for some shows.
- Listen to a chapter or two from an audiobook.
- Allow yourself to sleep in a couple of extra hours this weekend; errands and chores can wait!
- Instead of always going to the tried-and-true, try a new restaurant this week. You might discover a new go-to.
- Next time you're getting lunch, buy lunch for the person behind you in line. Say you're "paying it forward" and walk away with a smile on your face.
- Book a night at a hotel outside of town, somewhere you've never spent much time. Explore the scene and enjoy the sights.
- Go wine tasting. It's an inexpensive way to sample a variety of local wines you might not be able to find in stores.
- Learn Photoshop, Excel, or some other program you've been wanting to learn. There are many online tutorials.
- Take your mom, dad, or another family member to lunch. You'll be glad you did.
- Write a limerick or a haiku!
- Drink more water. The benefits are endless.
- Write positive affirmations or inspirational quotes on small pieces of paper, then go to a bookstore and hide them in random books for strangers to find.
- Try to find somewhere you can skip rocks on the water.
- Make an inspiration collage and hang it where you can see it. Use it to help generate new ideas and thoughts when you need them.
- Ask for help when you need it. It sounds simple, but trying to handle everything without help causes stress and anxiety for a lot of people.
- Take five to 10 minutes before bed to focus on what's going on inside. Notice any parts of you that don't feel relaxed. Invite them closer, listen to them, pay close attention and

discover what their worries, fears, concerns, or other feelings are. Witness each part. Once all parts have relaxed, confirm with yourself that everything's going to be all right and fall blissfully into sweet dreams.

- If you want cuddles or a massage or quality time or whatever from your partner, ask for it! Sometimes the easiest way to get your needs met is to voice your needs in the first place.
- Start a blog and write absolutely anything. You never know how your words might touch or hook people from all over the world!
- Join a forum like Reddit or another place to talk about things you like.
- Spend an hour this weekend at a soup kitchen or other volunteer opportunity.
- Find a shop with tea, chocolate, or spices and enjoy the free smells for a while.
- Go to an antique shop and marvel at all the history represented there. Make up stories about the objects' pasts and the people they belonged to.
- Go camping or backpacking and spend some time truly immersed in nature.
- Go dancing and forget about any shame or regret. Even if you think you look like a fool, get out there and get moving.
- We all get busy, but make it a point to make a date night with your significant other.
- Stay in this weekend and host a family movie night.
- Try something different with your coworkers and do standing meetings this week at work.
- Try journaling if you've never tried it before. There are a lot of different ways to do it and lot of resources available to help you get started.
- Learn how to tactfully say no to invitations or requests at times when you already feel overwhelmed.
- Have a glass (or two) of red wine. Other than temporary stress relief, there are some great health benefits as long as you don't overdo it.
- Take a bubble bath with a good book.
- Use the internet for its intended purposes and look up cat .gifs.

positive mind,
positive vibes,
positive life.



Positive Steps to Wellbeing

<p>Be kind to yourself Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days. Be kind to yourself. Encourage rather than criticize yourself. Treat yourself the way you would treat a friend in the same situation.</p>	<p>Exercise regularly Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy. Get outside, preferably in a green space or near water. Find an activity you enjoy doing, and just do it.</p>
<p>Take up a hobby and/or learn a new skill Increase your confidence and interest, meet others, or prepare for finding work.</p>	<p>Have some fun and/or be creative Having fun or being creative helps us feel better and increases our confidence. Enjoy yourself!</p>
<p>Help others Get involved with a community project, charity work, or simply help out someone you know. As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.</p>	<p>Relax Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people. Breather... (Imagine a balloon in your belly, inflating and deflating as you breathe in and out).</p>
<p>Eat healthy Eat regularly, eat breakfast, eat healthy, eat fruit and vegetables, and drink water.</p>	<p>Balance sleep Get into a healthy sleep routine – including going to bed and getting up at the same time each day.</p>
<p>Connect with others Stay in touch with family and friends – make regular and frequent contact.</p>	<p>Beware drink and drugs Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.</p>
<p>See the bigger picture We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view').</p>	<p>Accepting: 'It is as it is' We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle. Some situations we just can't change. We can surf those waves rather than try to stop them. Allow those thought and sensation just to be – they will pass.</p>

Coping Skills

Coping skills help us get through difficult times - they can give us an important break from mental and emotional distress, and sometimes they are literally life-saving.

Keep this list of coping skills handy for when you need it... folded up in your wallet or bag or post it up on the wall somewhere handy at home.

Make this list work for you
Use a highlighter pen to mark the skills that work best for you & add your own ideas over the page.

<p>Distraction</p> <p>Absorb your mind in something else</p>	<p>Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.</p>	<p>Pros</p> <p>Gives your heart & mind a break. Great for short term relief. Great to get through a crisis.</p>	<p>Cons</p> <p>Can't do it for too long. Doesn't resolve any underlying issues. Meds can make it hard to concentrate.</p>
<p>Grounding</p> <p>Get out of your head & into your body & the world</p>	<p>Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.</p>	<p>Pros</p> <p>Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected). Reduces physicality of anxiety.</p>	<p>Cons</p> <p>Sometimes it's better to stay a bit dissociated (that's how your mind protects you).</p>
<p>Emotional Release</p> <p>Let it out!</p>	<p>Yell, scream, run! Try a cold shower. Let yourself cry... and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!</p>	<p>Pros</p> <p>Great for anger and fear. Releases the pressure of overwhelming emotion.</p>	<p>Cons</p> <p>Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier' (be selective with how & where you do this)</p>
<p>Self Love</p>	<p>Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.</p>	<p>Pros</p> <p>Become your own best friend, your own support worker. Great for guilt or shame. You deserve it!</p>	<p>Cons</p> <p>Sometimes can feel really hard to do, or feel superficial (but it's not).</p>
<p>Thought challenge</p>	<p>Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love had these thoughts - what advice would you give them?</p>	<p>Pros</p> <p>Can help to shift long-term, negative thinking habits. Trying to be more logical can help reduce extreme emotion.</p>	<p>Cons</p> <p>The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.</p>
<p>Access your higher self</p>	<p>Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause</p>	<p>Pros</p> <p>Reminds us that everyone has value and that purpose can be found in small as well as large things.</p>	<p>Cons</p> <p>Don't get stuck trying to save everyone else and forget about you!</p>

Your Personal Coping Skills List

Use this page to write your own list of coping skills. You might take some from my list, some that you already know, and others may still be out there for you to discover...

Distraction

Absorb your mind in something else

Grounding

Get out of your head & into your body

Emotional Release

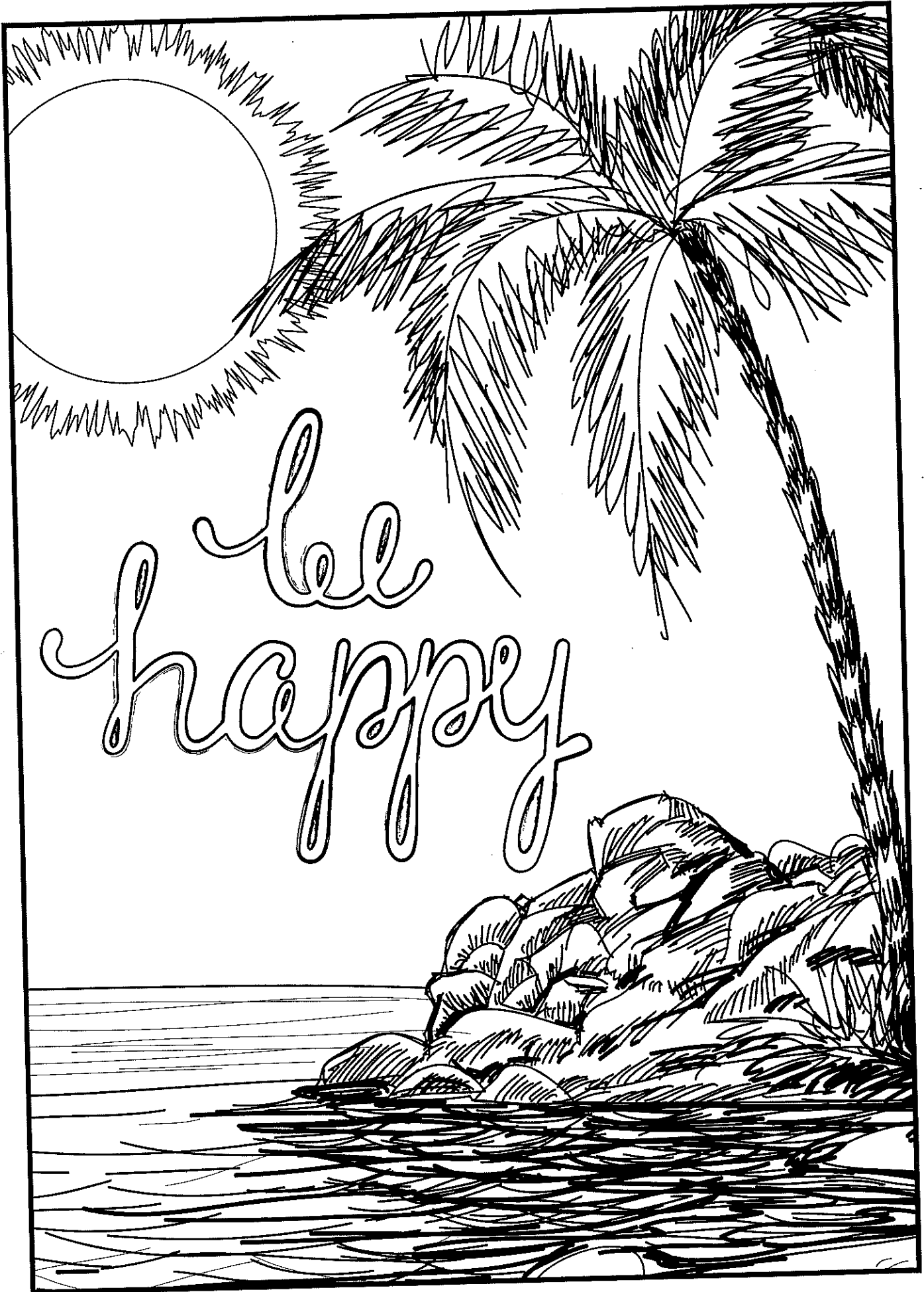
Let it out!

Self Love

Thought challenge

Access your higher self

© Indigo Daya, 2013. Please feel free to share this flyer with anyone who may benefit from it. Not for commercial use.



Be
Happy

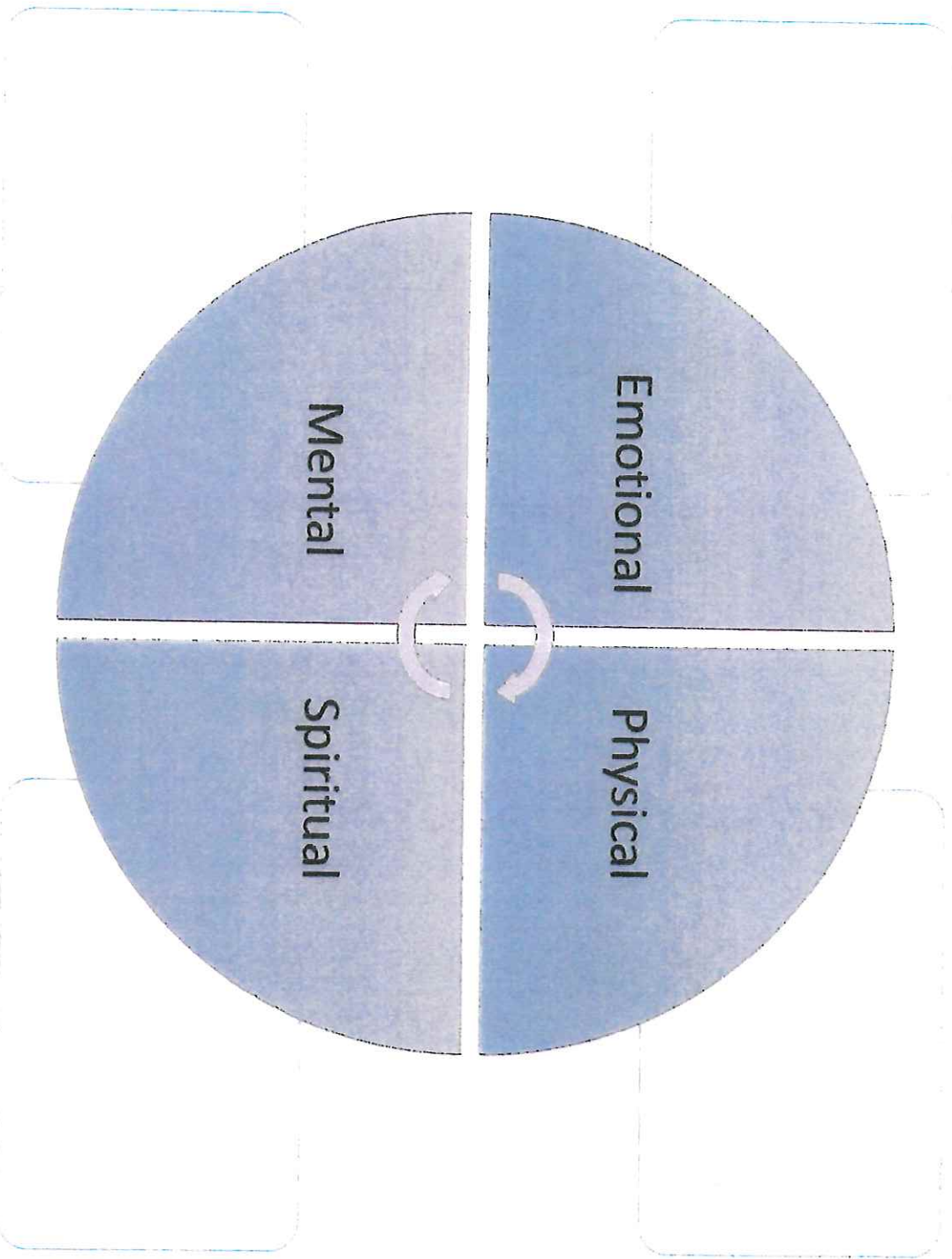
Individual Self-Care Plan

Goal: To Feel Better & Have Less Stress

1. What would be the most helpful self-care step(s) for me right now?
2. What will I do this week?
3. How many times this week will I do it?
4. What will I let go of this week?
5. How I felt at the end of the week?

_____ 's Self Care Plan

Use the boxes to create a plan to take care of yourself. Think of ideas you use and can use to promote wellness.



My Self Care Plan

PREVENTING BURNOUT & LOVING LIFE

1.

2.

3.

4.

5.

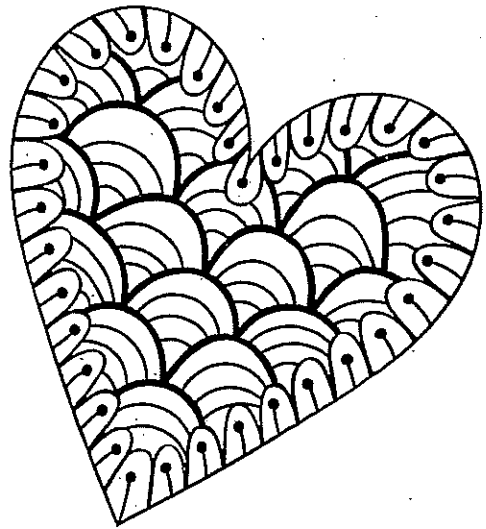
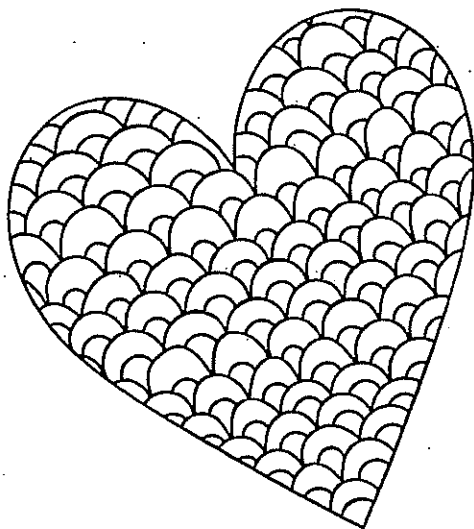
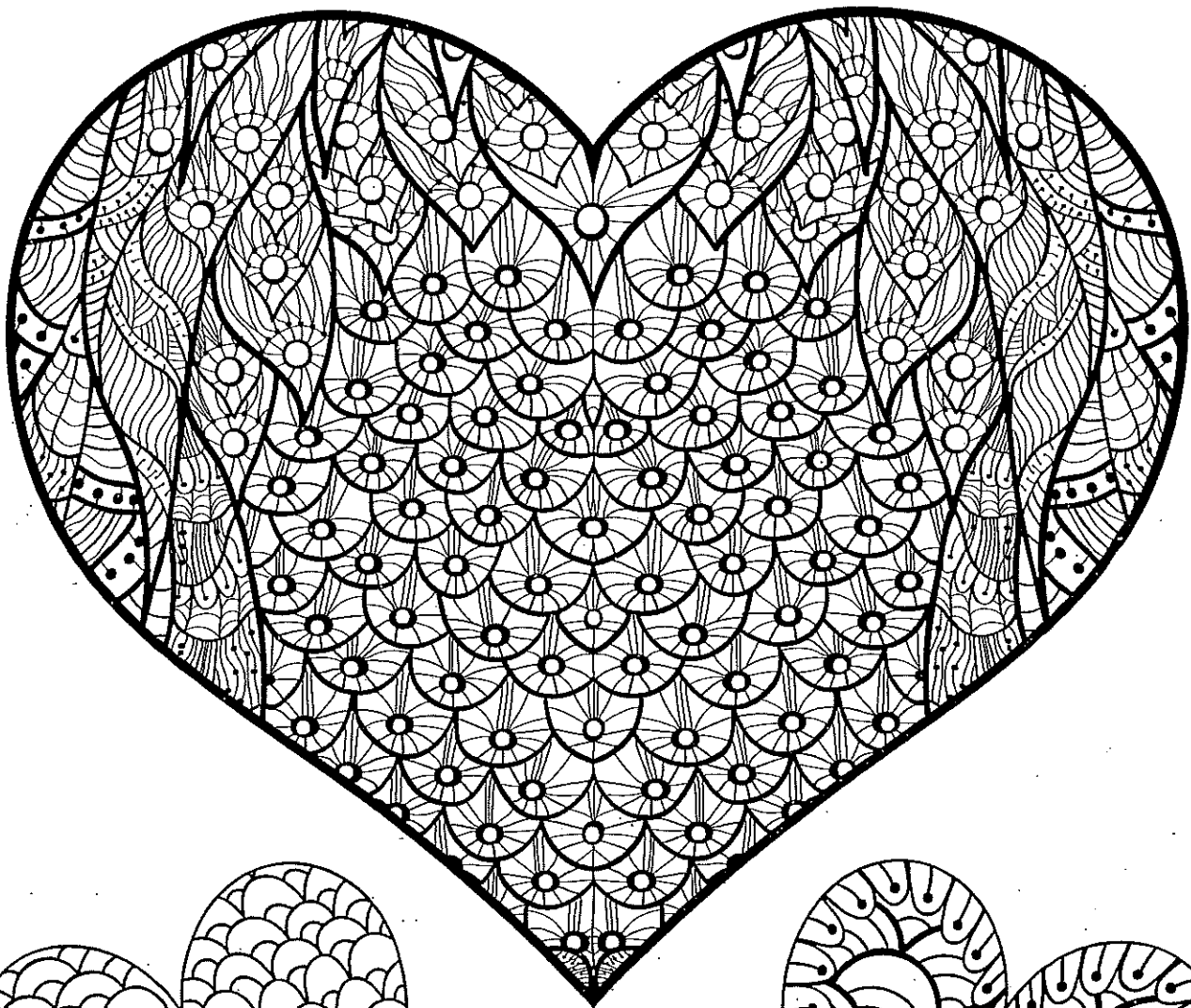
6.

7.

8.

9.

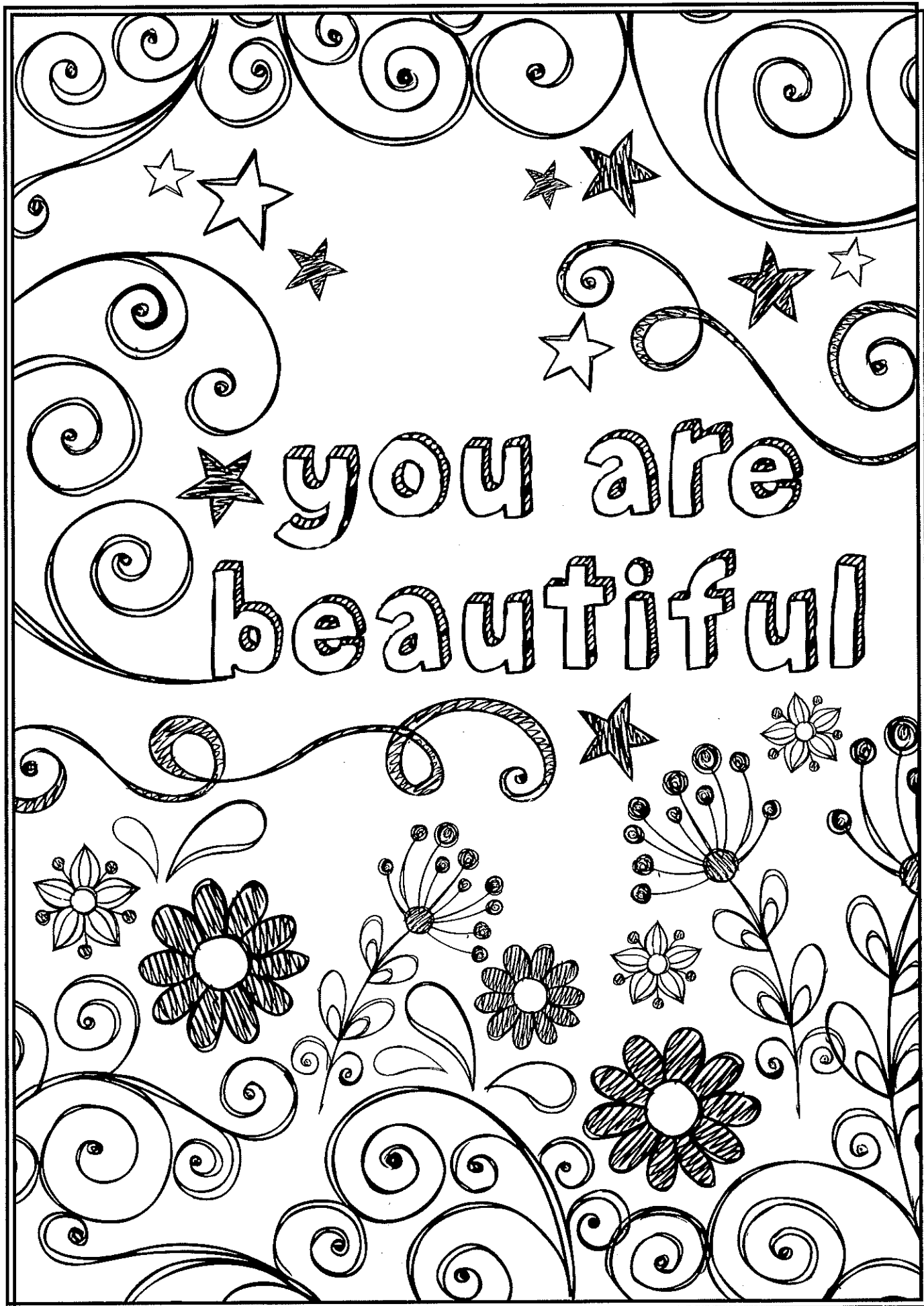
10.



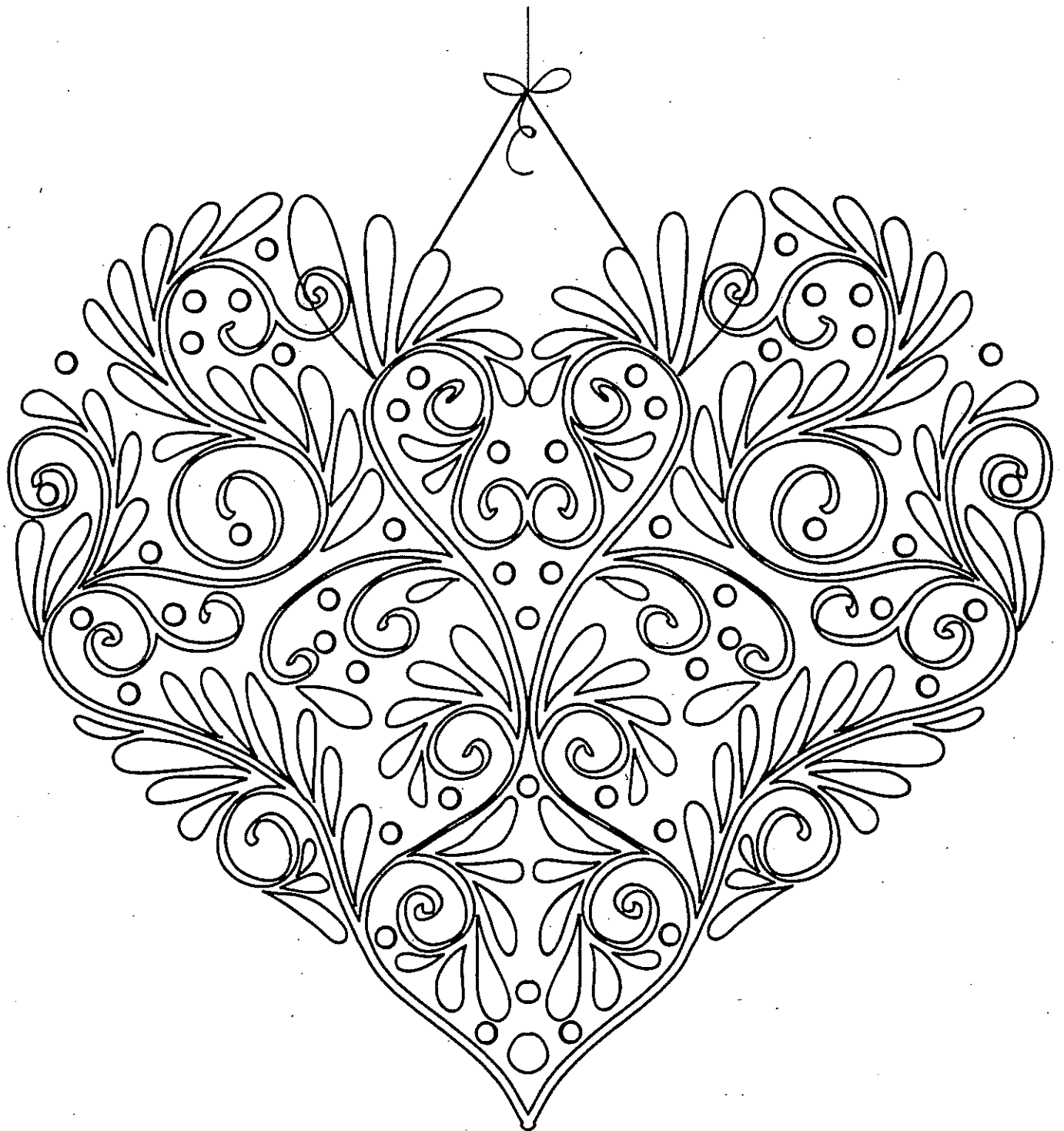


31 Self-love Affirmations

1. I forgive myself for not loving myself and I transcend all feelings of unworthiness.
2. I love and believe in myself unconditionally, I have limitless confidence in my abilities.
3. I am totally comfortable being myself and I release the need to judge myself and others.
4. I am discovering more wonderful things about myself with each passing day.
5. Loving myself is essential to my happiness.
6. I have a natural awareness of all the positive things in my life.
7. I deserve love, compassion, and empathy and share this with the people around me.
8. I alone am whole. I accept & embrace myself fully.
9. I am now creating my life exactly as I want it and is most beneficial.
10. I let go of my worries and stress.
11. I see the world for what it is.
12. I am a beautiful and successful person.
13. I have no fear of failure; I learn and challenge myself continuously.
14. I recognize the divinity in me.
15. I have respect for my thoughts, my body, my mind and emotions.
16. I am a valuable person and I help others where and when I can.
17. I am my own best friend. I am also a friend of the beautiful planet earth.
18. I successfully release the need for thoughts that cause emotions like disgust, jealousy, anger, anxiety, & fear.
19. I let go of all the reasons and excuses for not loving myself.
20. I replace and neutralize negative thoughts with positive, loving and caring ones.
21. I practice self-love without hurting anyone's feelings.
22. I have everything I need within myself.
23. I am more than a body.
24. I radiate confidence, self-respect and inner harmony. Others are inspired by my ability to be myself.
25. What I give is what I receive. I am open to receive.
26. I am safe. I am supported. I am protected.
27. I am powerful beyond my wildest dreams.
28. The universe is conspiring to help me succeed.
29. I attract wonderful people into my life.
30. I am not my body, I am free.
31. I let love in.



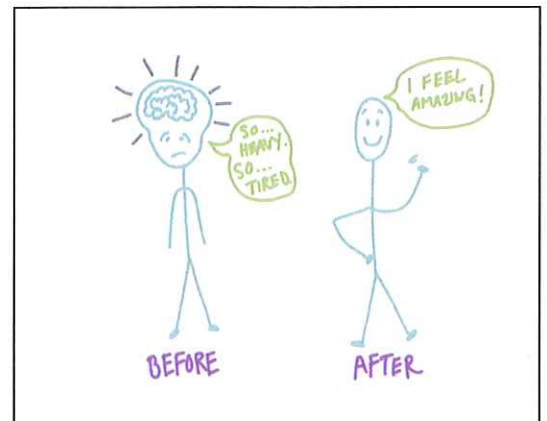
★ you are
beautiful





BRAIN DUMP

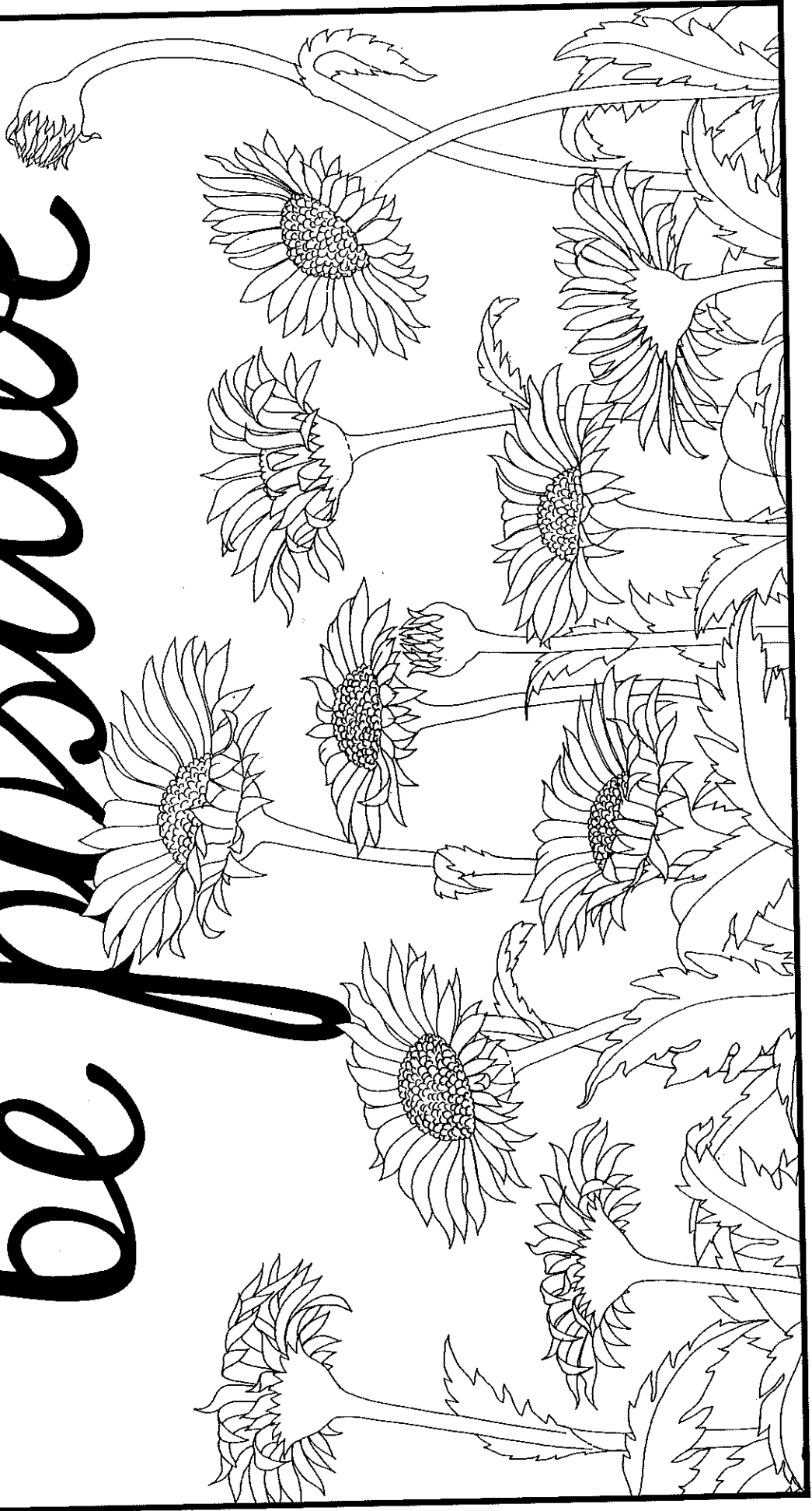
Put your thoughts & feelings
out on paper. Draw, write or doodle, it's
totally up to you! Don't worry about
punctuation or spelling, just get it all out!
Afterwards use your To Do or Not to Do sheet
to organize the chaos ☺



TO DO OR NOT TO DO...that is the question!

<p>Urgent/Important</p>	<p>Urgent/Not Important</p>
<p>Important/Not Urgent</p>	<p>Not Urgent/Not Important</p>

bees





EVENING INVENTORY



What did you accomplish today?

What was the best part of your day?

How did you practice self love today?

What are you grateful for?

What do you need to let go of?

GRATITUDE

WHAT I'M LOVING

A LIST OF THE GOOD STUFF
THAT HAPPENED

WHAT I'M GRATEFUL FOR

WHAT MADE ME SMILE