

Self Care

This week we will discuss different techniques to take care of our mind, bodies, and relationships. The often overlooked but mega-important practice of self-care can help keep us feeling on point even in challenging moments.

With    
Care, 

Using the
Workbook



Early RAPP,
Urban Resource
Institute,
Day One,
STEPS
to End Family
Violence

In this workbook,
you will find
resources
to help relax,
have fun, and
take care!

FIRST OF ALL, WHY SELF CARE?

Why do you think?



Let's brainstorm about what self care is and why we need it.
Write, draw, sing, as you like!

What song/music do you listen to when you're not having a good day?

What kind of space makes you feel safe?

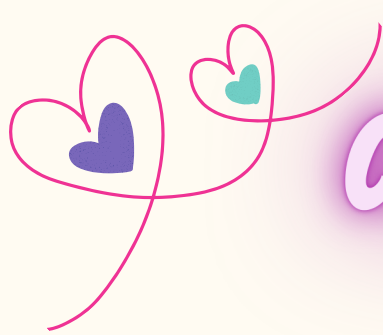
List 4 activities that bring joy:

List 4 things you're proud of:



What is in my control right now
to create or influence?





CONNECT THE DEFINITION

Self-Care

The response to a deeply distressing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions and experiences.

Mindfulness

The practice of taking an active role in protecting one's own well-being and happiness.

Trauma

A state of mental or emotional strain.

Stress

To face and deal with responsibilities, problems, or difficulties.

Coping

A mental state achieved by focusing one's awareness on the present moment.

Resilience

The capacity to recover well from difficulties

Love Language

Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time, and Physical Touch. Each one is important and expresses love in its own way



KEY TERMS!



Self Care Cat

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DAILY QUARANTINE QUESTIONS:

What am I grateful for today?

Who am I checking in on or connecting with today?

What expectations of "normal" am I letting go of?

How am I getting outside today?

How am I moving my body today?

How am I giving myself a break today?



Off to nap!

*Feed
your
soul!*



SELF LOVE LANGUAGE

WHAT'S YOUR SELF-LOVE LANGUAGE?

By Blessing Manifesting

Physical Touch

Things that make your body feel good or focus on your physical being.

- Massages
- Soft blankets
- Physical activity
- Spa days
- Skincare routine
- Swimming
- Stretching

Acts of Service

Doing or arranging things for yourself that make you feel good.

- Therapy
- Acts of Kindness
- Scheduling
- Cleaning
- Delegating
- Going Out

Receiving Gifts

Treating yo'self by purchasing things that make you happy.

- Trips
- Craft supplies
- Comfy clothes
- Little gifts
- Indulgences
- Investing in yourself

Quality Time

Spending time alone, hobbies & doing things that you love.

- Meditation
- Hobby/creative time
- Taking yourself on dates
- Relaxing

Words of Affirmation

Giving yourself pep talks and encouraging yourself.

- Positive self-talk
- Daily affirmations
- Journaling
- Mantras



I LOVE QUALITY TIME!
WHAT ABOUT YOU?

TIPS FOR CREATING A SELF CARE WORKSPACE

SET YOUR SPACE

Find an area in your home where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.



TAKE NOTES

Stuck on the computer zoning out? Note-taking keeps your mind engaged.

PLAN YOUR DAY

If you have one, follow the schedule provided by your school.

If you just have a list of things to study, break it down into tasks and plan to do the hardest ones when you have the most energy.

LESSEN DISTRACTIONS

Harness your imagination and picture that you're at school and not at home.

Lock your phone away if you need to - don't be afraid to ask for support in this.

CHANGE IT UP

You probably have a schedule for your lessons, but if things are becoming difficult to focus on, take a 5-min break and come back to it - just let your teacher know.



TAKE BREAKS

Get up once in a while. Have a snack.

SPEAK UP & ASK FOR HELP

When things get tough, don't just push through it. Ask your parents, or reach out to your teacher.



JOURNAL IT

Use a journal to track your progress or any questions you might want to ask your teacher about the work.

LISTENING TO OUR BODIES

Where do you feel anxiety in your body?

What about joy?

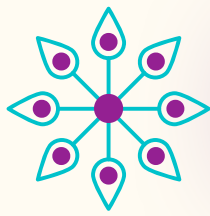


Try a body scan

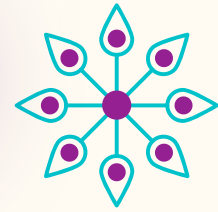
Body scanning involves paying attention to parts of the body and bodily sensations in a gradual sequence from feet to head. By mentally scanning yourself, you bring awareness to every single part of your body, noticing any aches, pains, tension, or general discomfort.

Try it out on the next page!





BODY SCAN



Begin by making yourself comfortable.

Sit in a chair and allow your back to be straight, but not stiff, with your feet on the ground.



You could also do this practice standing or if you prefer, you can lie down and have your head supported.



Your hands could be resting gently in your lap or at your side. Allow your eyes to close, or to remain open with a soft gaze.



Take several long, slow, deep breaths. Breathing in fully and exhaling slowly.



Breathe in through your nose and out through your nose or mouth. Feel your stomach expand on an inhale and relax and let go as you exhale.



Begin to let go of noises around you.

Begin to shift your attention from outside to inside yourself.



If you are distracted by sounds in the room, simply notice this and bring your focus back to your breathing.

SELF CARE CHECKLIST

This is not a quiz!
Just a way to
check in.



	Yes	Sometimes	No	Not Interested
Are you eating 3 healthy meals a day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you do something to relax everyday?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you regularly exercise move in a way that feels good?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you sleep 6-8 hours everynight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you keeping up on your schoolwork?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you watching TV shows or movies you like?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you forgiving yourself?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you spend time with supportive friends?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you take your medications as prescribed?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you journaling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



JUST A FEW MORE QUESTIONS

Are you balancing between "being" (feeling your feelings) and "doing" (keeping busy)?

Yes

No

Sometimes

Not Interested

Are you asking for help when you feel overwhelmed?

Are you communicating your feelings to others in a healing way?

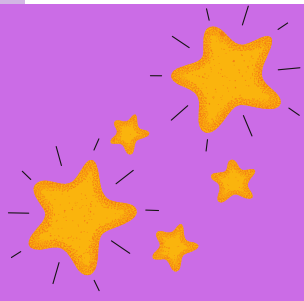
Are you listening to music you like?

Are you kind to yourself?

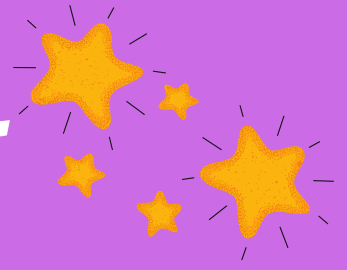
The self-care checklist is just a way to see how things are going. Everyone's style of self care is different!

Me, I like to eat treats and curl up under a tree!





DAILY SELF-CARE CHART



TO-DO'S FOR TODAY: SCHOOLWORK, CHORES, OTHER TASKS

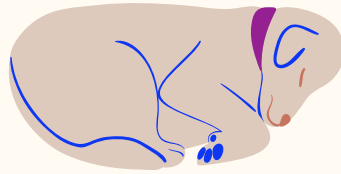
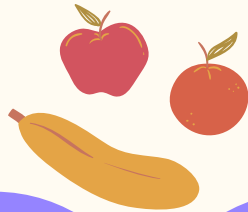
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

WAYS I WILL HAVE FUN, MOVE MY BODY AND BE CREATIVE!

WAYS I WILL CONNECT WITH MYSELF AND OTHERS!

FOOD FOR THOUGHT...

Self-care is for everyone, but not all people have equal access to it.



What are messages we get about self care?



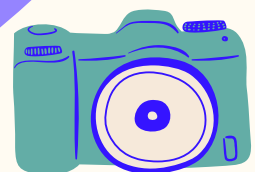
What happens if you practice self care?

What happens if you don't practice self care?



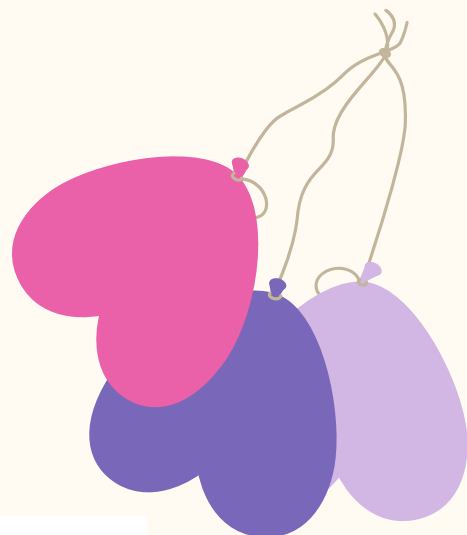
Who gets to care for themselves?

What are barriers to self-care?





The most important thing to remember is...



Free Online Meditation + Yoga Resources!

Calm

Insight Timer

Headspace

Bambú: Meditación y Dormir

Meditación Guiada

Stop, Breathe, Think

