

simplylovable **self-care** *Book*



DISCLAIMER AND/OR LEGAL NOTICES.

ALL RIGHTS RESERVED. No part of this publication may be reproduced, modified, or altered in any form whatsoever, electronic, or mechanical, including photocopying, scanning, recording, or by any informational storage or retrieval system without expressed written, dated, and signed permission from The Healing Crest® Counseling Services, LLC and/or LaMora Pace. Use of the contents for any purpose other than what has been expressly authorized is a violation of our copyrights and is strictly prohibited.

LIMITATION OF LIABILITY. The contents of this instructional workbook are for educational purposes only and is not intended to replace professional treatment services or advice.

The Healing Crest® Counseling Services, LLC and LaMora Pace make no guarantees about the information and recommendations provided herein. By accessing, using, and reading this instructional workbook, you acknowledge that The Healing Crest® Counseling Services, LLC and LaMora Pace cannot guarantee any particular results or outcomes. However, you agree that your success will result from your efforts, situation, experiences, circumstances, education, skills, and/or understanding. Therefore, implementing the information, resources, or recommendations provided herein is done at your own risk.

The Healing Crest® Counseling Services, LLC and LaMora Pace do not guarantee the outcome of any treatment, results, relationships, or improved standard of living. The Healing Crest® Counseling Services, LLC and LaMora Pace make no representation that success in any capacity can be guaranteed, as such results are based on subjective factors that cannot be controlled. Therefore, The Healing Crest® Counseling Services, LLC and LaMora Pace shall not be liable for damages arising therefrom. By using, downloading, purchasing, or accessing this instructional workbook, you acknowledge and agree to the legal disclaimer.

Copyright ©2022 by LaMora Pace

HEY THERE,

Thank you for choosing to develop or enhance your self-care experience with me.

This workbook was created because self-care is the ultimate daily experience that you can give to yourself - and the people around you.

Self-care is not about going to the spa everyday! Self-care means listening to your body, being present and taking care of your mental and emotional health.

Self-care is not selfish. You can't maintain a healthy relationship with yourself or others if your energy level is low and your self-care needs are not met.

When you take care of your needs, you will feel recharged enough to be the best spouse, partner, parent, friend, colleague, etc., that you can be.

When you're filled with positive energy and feeling good about yourself, you'll also have the ability to accomplish more, achieve more, and offer more while increasing your energy level.



This is the power of Self-Care: When you take care of yourself, and your relationships with others will benefit too.

Best Regards,

LaMora Pace

HOW TO INCORPORATE SELF-CARE HABITS INTO YOUR LIFE

1

DO ACTIVITIES YOU LOVE

Choose an exercise or activity you LOVE doing and refrain from doing things that you dislike or tolerate. For instance, if you don't have an interest in running, don't include it in your physical self-care routine!

2

STARTING SMALL IS GOOD

If you want to eat healthier, you can start by having one salad a day. You can also replace a sugary filled treat with a fruit you love. Small habits will lead to big changes.

3

LISTEN CAREFULLY TO WHAT YOUR BODY NEEDS

You may have taken your body into overdrive so that you can finish your to-do list, complete a project, or to achieve a goal. If you feel physically and emotionally drained, it's a possibility that you should be doing something in a different way. If you feel good, you may be on the right track. Our emotions never lie and act as our compass in life.

4

REWARD YOURSELF GENEROUSLY

If you feel satisfied with how your day went, give yourself something to look forward to. A Netflix and chill night, a favorite ice cream treat or an aromatherapy hour are a few suggestions.

5

BE FLEXIBLE AND CHANGE A HABIT THAT ISN'T WORKING

If a new habit or routine does not work, or makes you unhappy, look for ways to do something different. Make small, but effective changes and adjust as you go.

SELF CARE IDEAS

MENTAL SELF-CARE

- Watching funny movies
- Listening to your favorite music
- Looking for the 'positive perspective' in situations
- Investing time in dressing and grooming
- Plan something to look forward to, everyday

PHYSICAL SELF CARE

- Spend time in nature for at least 15 mins a day
- Get adequate rest - 7 - 9 hours / night
- Nourish your body with healthy, nourishing food
- Regular medical care
- Exercise

EMOTIONAL SELF-CARE

- Self-Love
- Identify and communicate your emotions
- Attend to your feelings without judgment
- Watch a funny movie

SPIRITUAL SELF-CARE

- Immerse in the feeling of gratitude for 5 minutes each day
- Daily Prayer
- Meditation
- Listen to spiritual music

PERSONAL SELF-CARE

- Learn and understand more about yourself
- Do something nice for yourself
- Frequent meetups with people you love
- Develop long term and short term goals

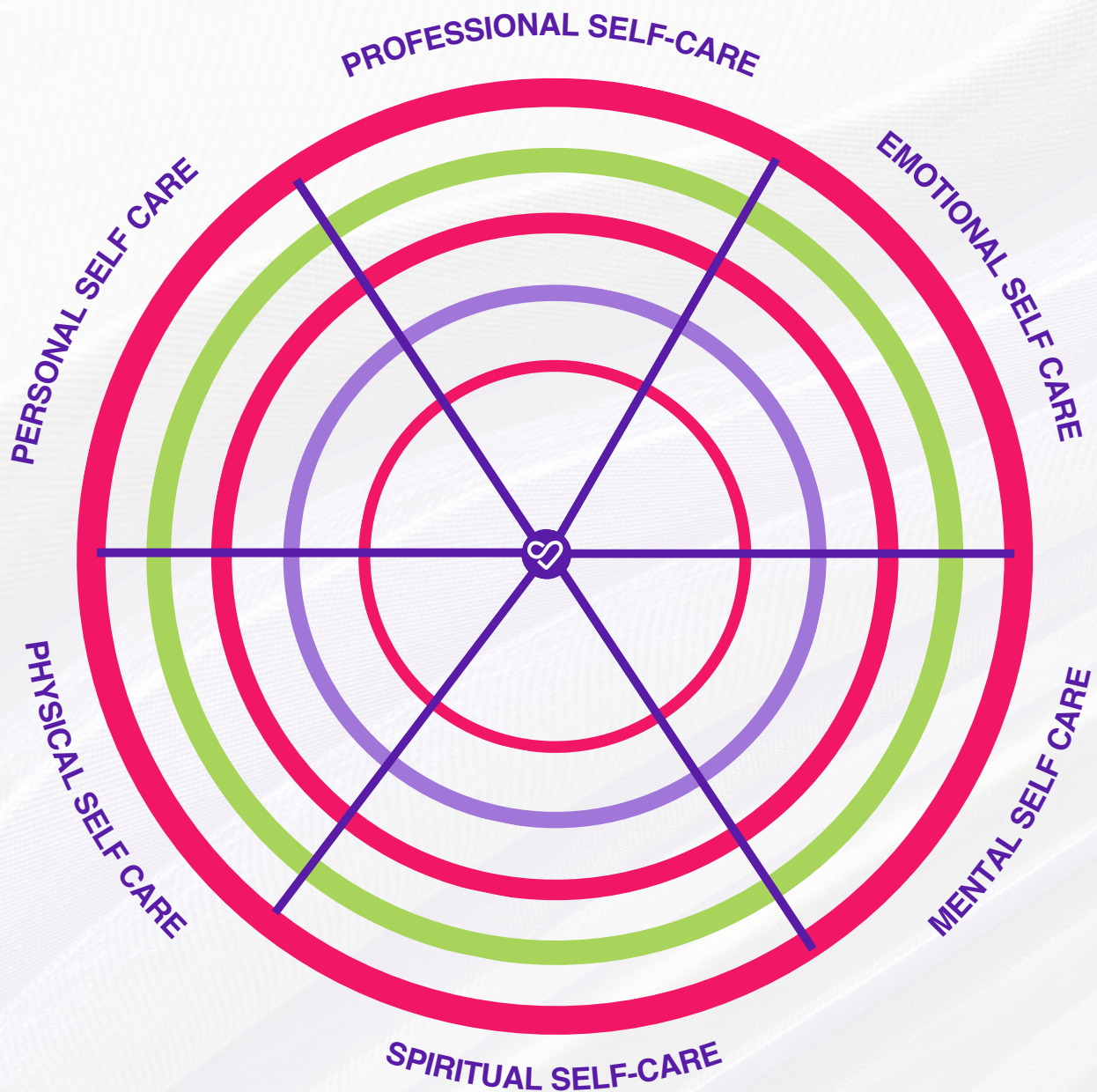
PROFESSIONAL SELF-CARE

- Continuous learning opportunities
- Take time for lunch and permitted breaks
- Use all vacation days and mental health days, when needed
- Set clear boundaries between work hours and time off
- Ask for help

MY self-care WHEEL

On a scale of 1 to 5, with 1 being least satisfied and 5 being most satisfied, how satisfied are you with the 5 areas of self-care within your life?

Shade in each area of the wheel to learn which areas of your life need improvement.



MY **self-care** REFLECTIONS

1

Did you have an 'aha' moment or was **surprised** after completing your Self-Care Wheel? **Which areas of your life** (mental, emotional, physical, spiritual, professional, and personal) **need more** care right now?

2

What areas of my life do I **WANT to improve** when it comes to Self-Care? (Select 3 areas that you would like to immediately focus on)

3

Why is this important to me?

4

Area #1 to improve (most important): _____

+ 3 Actions I can do this week to increase my satisfaction

5

Area #2 to improve: _____

+ 3 Actions I can do this week to increase my satisfaction

6

Area #3 to improve: _____

+ 3 Actions I can do this week to increase my satisfaction

Self Care for Your Mental Well-Being

3 Question Formula

If you feel **overwhelmed or anxious**, ask yourself the 3 questions to calm your emotions and take action where needed.

1 How do I feel at this moment?
(Identify 1-5 emotions)

2 What do I need right now?
(eg: Entertainment, relaxation, getaway. Write 1-5 things that will make you feel better)

3 What specific actions can I do to make me feel better right now?
(eg: Plan a getaway, go shopping, meditate, disconnect from my phone. Write 1-5 actions which help control your emotions and reduce feeling overwhelm)

WRITING ABOUT YOUR FEELINGS IN A JOURNAL IS AN EFFECTIVE WAY TO FACILITATE YOUR EMOTIONAL REACTIONS AND DEVELOP CONSTRUCTIVE COPING STRATEGIES.

IN THIS JOURNAL ENTRY, DESCRIBE HOW YOU FELT THROUGHOUT THE DAY. WHAT MADE YOU FEEL THIS WAY? HOW DID YOU EXPRESS THAT FEELING? HOW ELSE COULD YOU HAVE EXPRESSED YOUR EMOTIONS?

[illegible]

This image shows a blank sheet of white paper with horizontal blue lines. At the very top, there is a thick, light green curved bar that spans the width of the page. The rest of the page is filled with evenly spaced horizontal blue lines, typical of notebook paper. There are no markings, text, or drawings on the page.



the
HEALING CREST

 **simply
lovable**



Have You Heard About the
simplylovable
Product Suite?

To learn more, visit
www.iamsimplylovable.shop