

Thank you for downloading our mindfulness pack, we hope you enjoy it!

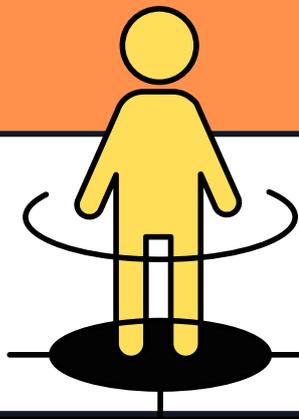
This pack includes:

- Body Scan
- Self-care Planner
- Self-care Check List
- Food & Mood Tracker
- 5 Finger Breathing

Read each page and work through it at your own pace. You can print these off or work on them digitally, but remember to be kind and honest with yourself to get the best from them.



Body scan



5
Minutes

Find a quiet, distraction-free place.
Sit or lie down and consider setting a timer for 5 minutes.

Begin at the top of your head and slowly move down to your toes. Pay attention to physical sensations such as temperature, itching, tension, and more. Simply observe without passing judgment.

What physical sensations are you experiencing?

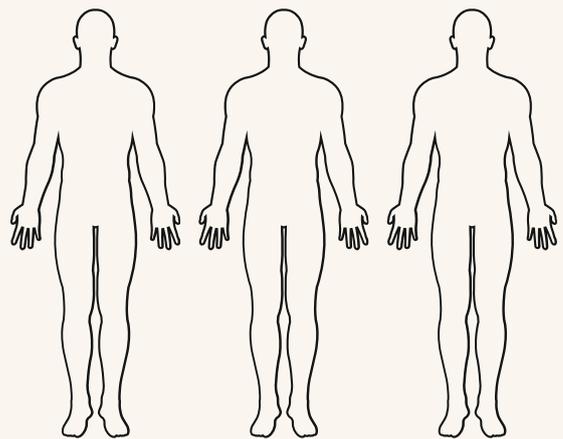
How do you feel emotionally?

What thoughts are running through your mind?

Reflecting on this scan, what insights have you gained about yourself today?

If you struggle to feel into your body, try colouring in the outline of a body in correlation to your feelings.

For instance, if your left calf hurts, colour the left calf red and think about why this might be.



Notes:

Self-care Planner

Date:

Week:

What Is The Purpose Behind My Self-Care Goals?

What Motivates Me to Achieve Them?

- _____
- _____
- _____
- _____
- _____

How Can I Achieve Them?

Habits To Start

Habits To Stop



SELF-CARE CHECKLIST

Self-care isn't an act but a loving commitment to oneself.

How did you cherish yourself this week?

- | | | | |
|--------------------------|-----------------------------|--------------------------|-------------------------------|
| <input type="checkbox"/> | Take a long bath | <input type="checkbox"/> | Engage in a hobby |
| <input type="checkbox"/> | Read for pleasure | <input type="checkbox"/> | Listen to your favorite music |
| <input type="checkbox"/> | Go for a long walk | <input type="checkbox"/> | Spend time with a loved one |
| <input type="checkbox"/> | Practice mindful meditation | <input type="checkbox"/> | Watch a light-hearted movie |
| <input type="checkbox"/> | Journal your thoughts | <input type="checkbox"/> | Pamper yourself |
| <input type="checkbox"/> | Try gentle yoga | <input type="checkbox"/> | Go for a swim |
| <input type="checkbox"/> | Cook a nourishing meal | <input type="checkbox"/> | Practice gratitude |
| <input type="checkbox"/> | Visit a museum or gallery | <input type="checkbox"/> | Attend a workshop or class |
| <input type="checkbox"/> | Gardening | <input type="checkbox"/> | Explore a new place |

Add Your Own:



FOOD & MOOD TRACKER

This is a chance to be honest with yourself about what you eat and how it makes you feel. Let's get an idea of how certain foods and eating makes you feel. No judgement.

Date:



FOOD TRACKER

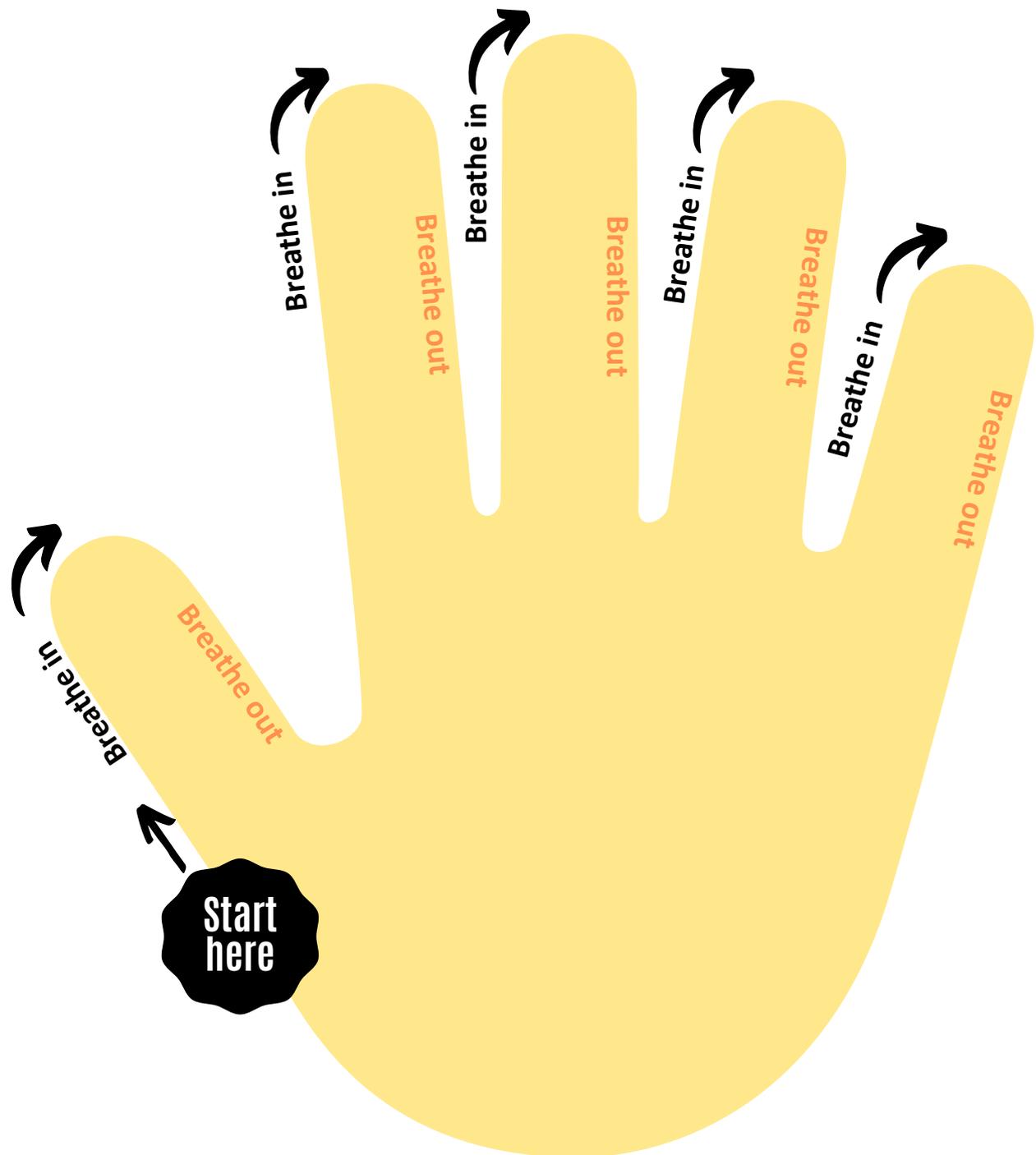
	WHAT DID YOU EAT?	HOW DID YOU FEEL BEFORE/AFTER?
BREAKFAST		
LUNCH		
DINNER		
SNACKS		

If something made you feel negative, why do you think this is? How do you think you could change this feeling in the future?

What other observations have you made today regarding the food you've eaten and your mood?



CALM YOURSELF WITH A 5 FINGER BREATHING BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

You can also do this breathing exercise using your own hand.