

HOLISTIC SKIN HEALTH

Journal

everything
eczema

INTRODUCTION

Welcome to EverythingEczema's Skin Self Care Journal!

This tool will guide you on your journey to explore your emotions while you work on other areas like your nutrition.

We often overlook our mental health when it comes to our skin.

However what we don't release emotionally, can eventually show up in the form of a flare up, sleepless itchy night, intense itching sessions or even delayed healing.

I've also sprinkled in self-care activities, quotes and inspiration throughout the journal so you can have fun with this.

Don't treat journaling as a chore.

Journaling is a form of self-care.

The 5 minutes you take during your day to complete this, is time for yourself.

Protect this time.

Cherish this time.

Heal in this time.

HOW JOURNALING

Helps Your Skin

When you start looking inwards, a lot of uncomfortable but healthy emotions will arise.

As you acknowledge these emotions, thoughts and feelings, it becomes easier to process.

Sometimes, you don't need to process it because not every thought needs to be addressed.

Sometimes, you just need a physical way to let go, drop and forget these fleeting thoughts, emotions and feelings.

By doing this exercise, on a daily or even weekly basis, you are relieving the pressure that is building and brewing up internally.

For individuals like us, our stress shows up on our skin. For others, it shows up in other ways like a bad migraine.

So by focusing on your mental health, it can have a direct benefit to your skin health.

You may not see physical improvements right away, but as you continue to support your mental health, you may notice that:

- you are itching less at night
- your skin is visibly less red
- your digestion has improved
- you have deeper and restful sleep
- itching intensity is decreasing
- cuts and scratches heal faster

Let's Start!

The information provided in this journal is for educational and informational purposes only and is not intended as medical advice. Always consult a healthcare professional before making any decisions regarding your skin health or treatment. The authors and publishers of this journal are not responsible for any adverse effects or consequences resulting from the use of the suggestions, products, or procedures discussed herein. Individual skin conditions and reactions can vary, and what works for one person may not work for another.

THE WHY BEHIND

Each Section

Today I'm grateful for...

- This helps re-train your brain on intentionally looking for positive things
- When in pain, our mind blinds us of all the other amazing things we have in life

Water Intake...

- This is a simple reminder to drink water
- Our skin needs water to stay hydrated
- But more importantly, our kidneys and liver need water to flush out toxins
- If our bodies can't flush out toxins, it shows up on our skin in the form of eczema

Mood...

- This is a simple tool to help foster self-awareness about the type of mood you are in
- Based off your mood, it might be an opportunity to show yourself some grace and compassion
- As you look back, you might even notice some patterns

What positive changes do you see in your skin today?

- This question is to remind you to look for positive changes in your skin
- When we look at our skin everyday, even the simple improvements can go unnoticed due to our pain or comparing it to others
- When we intentionally look for changes, you'll start seeing them
- Examples: is it less red? less dry? less flaky? less wrinkly? are cuts healing faster?

All other questions

- There are 30 unique questions for you to answer daily
- They are meant to help you look inward and reflect on your emotional and mental state
- Some may feel uncomfortable but it's to bring forward to process and eventually let go
- Some are meant to help you shift your perspective and look beyond your pain
- You may actually not even know the answer to it, so in these situations, talk out loud as if you were answering your friends

And if you are ever stuck on how to answer these questions, please reach out to me. My contact info is on the last page!

**“Do not hesitate to
invest in your
skin, it is going to
talk for you for a
very long time.”**

– Unknown

DATE:

SKIN HEALTH

Journal

TODAY I'M GRATEFUL FOR:

1.
2.
3.

WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WHAT DO YOU WANT TO LET GO OF FOR TODAY?

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SELF-CARE ACTIVITIES

MOOD

- *Hanging out with friends*
- *Dead sea salt bath*
- *Sleeping in*
- *Take a day off*
- *Journalling*



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“Healing is not linear, but it is
possible.”**

- Unknown

DATE:

SKIN HEALTH

Journal

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WHAT IS YOUR SKIN TRYING TO TELL YOU?

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NOTES/REMINDER

MOOD

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ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“The goal is healthy skin and not
perfect skin.”**

- Unknown

DATE:

SKIN HEALTH

Journal

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WHICH EMOTION(S) ARE YOU TRYING TO AVOID?

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WHAT'S ONE TASK YOU'VE BEEN
DELAYING?

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MOOD



ANGRY



TIRE



MEH



SAD



HAPPY



EXCITED

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**“Awareness is the first step in
healing.”**

— Dean Ornish

DATE:

SKIN HEALTH

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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IF YOUR BEST FRIEND WAS GOING THROUGH THIS, WHAT WOULD YOU TELL THEM?

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WHAT'S ONE THING YOU DID FOR
YOURSELF THIS WEEK?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“The secret of change is to focus all of
your energy not on fighting the old,
but on building the new.”**

— Socrates

DATE:

SKIN HEALTH

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WHY DO YOU WANT TO HEAL YOUR SKIN?

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WHAT IS THE ONE THING THAT YOU
FEEL IS HOLDING YOU BACK?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“Wellness is the complete integration
of body, mind, and spirit – the
realization that everything we do,
think, feel, and believe has an effect
on our state of well-being.”**

– Greg Anderson

DATE:

SKIN HEALTH

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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NAME ONE PHYSICAL ATTRIBUTE YOU LOVE ABOUT YOURSELF

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WHAT CAN YOU DO TODAY TO TAKE
BETTER CARE OF YOURSELF?

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MOOD



ANGRY



TIRE



MEH



SAD



HAPPY



EXCITED

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“What is your skin trying to tell you?

Often the skin is a metaphor for deeper issues and a way for your body to send up a red flag to warn you that all is not well underneath.”

— Dr. Judyth Reichenberg.

DATE:

SKIN HEALTH

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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RECALL A HAPPY MEMORY. WRITE IT DOWN.

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WHAT NUTRITIOUS MEAL DID YOU
GIVE YOURSELF TODAY?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“Look after yourself from within and
your beauty will shine through on
your skin.”**

– Jana Elston

DATE:

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WHAT DO YOU WANT TO LET GO OF FOR TODAY?

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SELF-CARE ACTIVITIES

MOOD

.....*Colouring book*.....

.....*Yoga class*.....

.....*Spending time in nature*.....

.....*Making your favourite cup of tea*.....

.....*Tidying up your space*.....



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“It’s okay to take time to focus on your
skin & mental health.”**

- Unknown

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WHAT WOULD YOUR YOUNGER SELF BE PROUD OF RIGHT NOW?

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NOTES/REMINDERS

MOOD

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ANGRY



TIRE



MEH



SAD



HAPPY



EXCITED

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"The first wealth is health."

-Ralph Waldo Emerson

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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IDENTIFY FIVE THINGS THAT ALWAYS BRING YOU COMFORT. HOW CAN YOU INCORPORATE ONE INTO YOUR DAY TOMORROW?

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WHAT'S ONE TASK YOU'VE BEEN DELAYING?

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MOOD



ANGRY



TIRE



MEH



SAD



HAPPY



EXCITED

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Healing takes time.

**Don't expect to try meditation and a
new skincare line and end up with
perfect skin in a week.**

**Give yourself the gift of time and
patience."**

- Unknown

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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DESCRIBE AN OUTFIT THAT MAKES YOU TRULY FEEL COMFORTABLE IN YOUR SKIN.

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WHAT'S ONE THING YOU DID FOR
YOURSELF THIS WEEK?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“Taking care of
your skin is both
physical and
emotional, you’ll
know it once you
get started”.**

- Unknown

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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DO YOU FEEL LIKE YOUR SKIN IS HOLDING YOU BACK? WHY?

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WHEN'S THE LAST TIME YOU HAD A
DAY TO YOURSELF?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“It’s okay to take time to rest and
recharge when you’re feeling
overwhelmed.”**

- Unknown

DATE:

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Journal

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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HAVE YOU EVER REACHED OUT FOR MENTAL HEALTH SUPPORT?
IF NOT, WHY?

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WHAT CAN YOU DO TODAY TO TAKE
BETTER CARE OF YOURSELF?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“Healing is a matter of time, but it is
sometimes also a matter of
opportunity.”**

— Hippocrates

DATE:

SKIN HEALTH

Journal

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WRITE ONE NON-PHYSICAL TRAITS YOU LOVE ABOUT YOURSELF.

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WHAT NUTRITIOUS MEAL DID YOU
GIVE YOURSELF TODAY?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“It’s not just what substances you put
on your skin.**

**Inappropriate inflammation is rooted
in diet, how you handle stress, how
you rest, and your exposure to
environmental toxins.”**

— Andrew Weil

DATE:

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DESCRIBE IN DETAIL WHEN YOU FEEL MOST COMFORTABLE IN YOUR OWN SKIN.

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SELF-CARE ACTIVITIES

MOOD

..... *Cooking a nutritious meal*

..... *Have a night in*

..... *Restocking your essential skincare*

..... *Jumping into fresh sheets and warm bed*

..... *Detoxing in a steam room*



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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“Wellness encompasses a healthy body, a sound mind, and a tranquil spirit. Enjoy the journey as you strive for wellness.”

– Laurette Gagnon Beaulieu

DATE:

SKIN HEALTH

Journal

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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DO YOU SHOW YOURSELF GRACE AND COMPASSION DURING HARD TIMES?

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NOTES/REMINDERS

MOOD

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ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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“Your body holds deep wisdom.

Trust in it. Learn from it. Nourish it.

**Watch your life transform and be
healthy.”**

– Bella Bleue

DATE:

SKIN HEALTH

Journal

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WRITE ABOUT ANY EMOTIONAL EATING TENDENCIES.

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WHAT'S ONE TASK YOU'VE BEEN
DELAYING?

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MOOD



ANGRY



TIRE



MEH



SAD



HAPPY



EXCITED

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**“Your body hears everything your
mind says.”**

– Naomi Judd

DATE:

SKIN HEALTH

Journal

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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ARE YOU LETTING MATTERS THAT ARE OUT OF YOUR CONTROL STRESS YOU OUT?

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WHAT'S ONE THING YOU DID FOR
YOURSELF THIS WEEK?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“Consistency is more important than
perfection.”**

- Unknown

DATE:

SKIN HEALTH

Journal

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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HAVE I MADE SOMEONE SMILE TODAY?

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IN WHAT WAYS ARE YOU INVESTING
IN YOUR SELF? IN YOUR HEALTH?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“Create healthy habits, not
restrictions.”**

– Unknown

DATE:

SKIN HEALTH

Journal

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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MY FAVOURITE WAY TO SPEND THE DAY IS...?

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WHAT CAN YOU DO TODAY TO TAKE
BETTER CARE OF YOURSELF?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“Let thy food be thy medicine and thy
medicine be thy food.”**

– Hippocrates

DATE:

SKIN HEALTH

Journal

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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IF MY SKIN COULD TALK, IT WOULD SAY . . .?

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WHAT NUTRITIOUS MEAL DID YOU
GIVE YOURSELF TODAY?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“Investing in health will produce
enormous benefits.”**

-Gro Harlem Brundtland

DATE:

SKIN HEALTH

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ARE YOU HOLDING ON TO ANY PAST REGRETS?

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SELF-CARE ACTIVITIES

MOOD

.....*Watch the sun rise or set*.....

.....*Ask for help*.....

.....*Listen to calm music*.....

.....*Do a puzzle*.....

.....*Take a break from caffeine*.....



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“A healthy outside starts from the
inside.”**

– Robert Urich

DATE:

SKIN HEALTH

Journal

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If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

I FEEL MOST ENERGIZED WHEN . . .?

NOTES/REMINDERS

MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

“There is no health without mental health; mental health is too important to be left to the professionals alone, and mental health is everyone’s business.”

– Vikram Patel

DATE:

SKIN HEALTH

Journal

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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IF YOUR CURRENT EMOTIONS WERE A TYPE OF WEATHER, WHAT WOULD THEY BE?
CLOUDY, STORMY, SUNNY BREAKS?

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WHAT'S ONE TASK YOU'VE BEEN
DELAYING?

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MOOD



ANGRY



TIRE



MEH



SAD



HAPPY



EXCITED

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**“Self-care is not selfish. You cannot
serve from an empty vessel.”**

– Eleanor Brown

DATE:

SKIN HEALTH

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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PICK AN EMOTION YOU HAVE BEEN FEELING LATELY. ASK YOURSELF "WHY?" FIVE TIMES, DIVE DEEPER INTO THE ANSWER.

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WHAT'S ONE THING YOU DID FOR YOURSELF THIS WEEK?

MOOD

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ANGRY



TIRE



MEH



SAD



HAPPY



EXCITED

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“What drains your spirit, drains your body.

What fuels your spirit, fuels your body.”

– Carolyn Myss

DATE:

SKIN HEALTH

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WHAT ADVICE WOULD A CALM AND COMPOSED FUTURE VERSION OF YOURSELF
GIVE TO YOUR CURRENT SELF?

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DID I SPEND TIME WITH MY FRIENDS
AND FAMILY?

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MOOD



ANGRY



TIRE



MEH



SAD



HAPPY



EXCITED

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**“Even the smallest shift in perspective
can bring about the greatest healing.”**

— Joshua Kai

DATE:

SKIN HEALTH

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WHAT ARE YOUR NON-NEGOTIABLE SELF-CARE PRACTICES?

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WHAT CAN YOU DO TODAY TO TAKE
BETTER CARE OF YOURSELF?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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**“You have been criticizing yourself for
years and it hasn’t worked.**

**Try approving of yourself and see
what happens.”**

— Louise Hay

DATE:

SKIN HEALTH

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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HOW DID YOU TAKE CARE OF YOUR MENTAL HEALTH TODAY?

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WHAT NUTRITIOUS MEAL DID YOU
GIVE YOURSELF TODAY?

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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“To be beautiful means to be yourself.

**You don’t need to be accepted by
others.**

You need to accept yourself.”

— Thich Nhat Hanh

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SKIN HEALTH

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WHAT DOES SELF-CARE LOOK LIKE FOR ME? AM I PRACTICING IT ENOUGH?

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SELF-CARE ACTIVITIES

MOOD

.....*Watch something funny*.....

.....*Go to a spa*.....

.....*Take a guilt free nap*.....

.....*Castor oil packs*.....

.....*Social media break*.....



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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Don't let your mind bully your body.”

— June Tomaso Wood

DATE:

SKIN HEALTH

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WHAT POSITIVE CHANGES DO YOU SEE IN YOUR SKIN TODAY?

If you can't think of one, take some time and think about it. Sometimes we need to train our brain to see the positives when we are in pain.

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WHAT ACTIVITIES HELP ME RELAX AND FEEL MORE AT PEACE?

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NOTES/REMINDERS

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MOOD



ANGRY



TIRED



MEH



SAD



HAPPY



EXCITED

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Congratulations!

Whether you worked on this daily, weekly or monthly, you set aside time for yourself.

For the betterment of your skin, mental and physical health.

This is self-care.

This is healing.

If you are still stuck, struggling or need coaching, please contact me!

I would love to work with you 1:1 or in a group manner so you can feel confident in your skin and love life again.

I was in your shoes once where nothing worked and life wasn't fun.

But it doesn't have to be that way.

The fact that you are reading this means you are committed to your health.

My coaching or single appointments might be a great fit for your journey.

Let's get your skin back on track!

Contact



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[Instagram.com/everything_eczema](https://www.instagram.com/everything_eczema)



[Everythingeczema.ca/coaching](https://everythingeczema.ca/coaching)