

The
SELF-CARE
Project

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Times I've sucked at self-care	What it taught me

Describe 10 interesting facts about YOU

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6

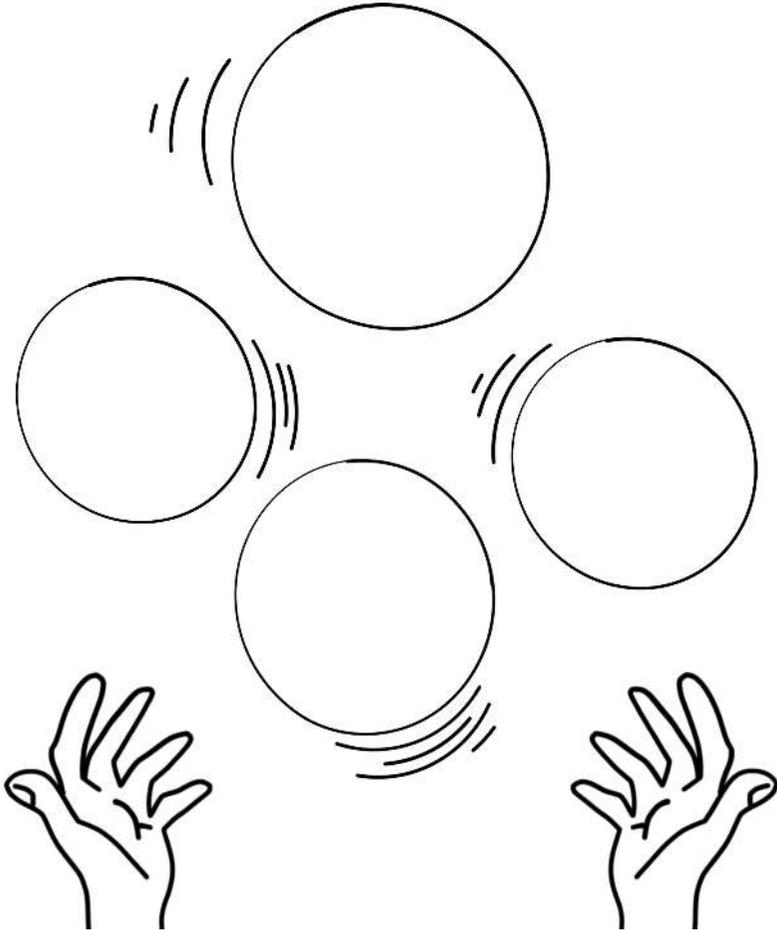
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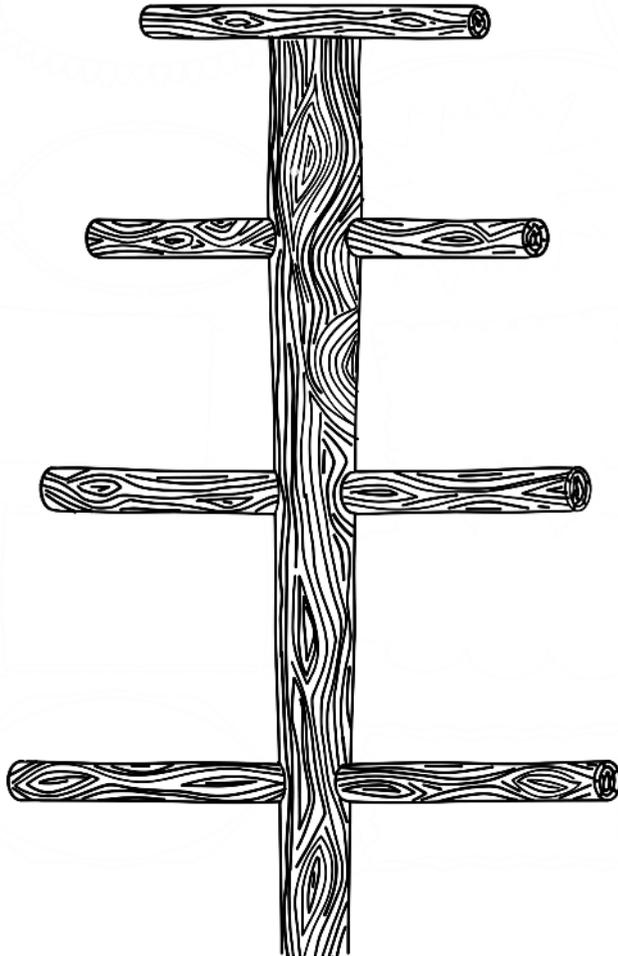
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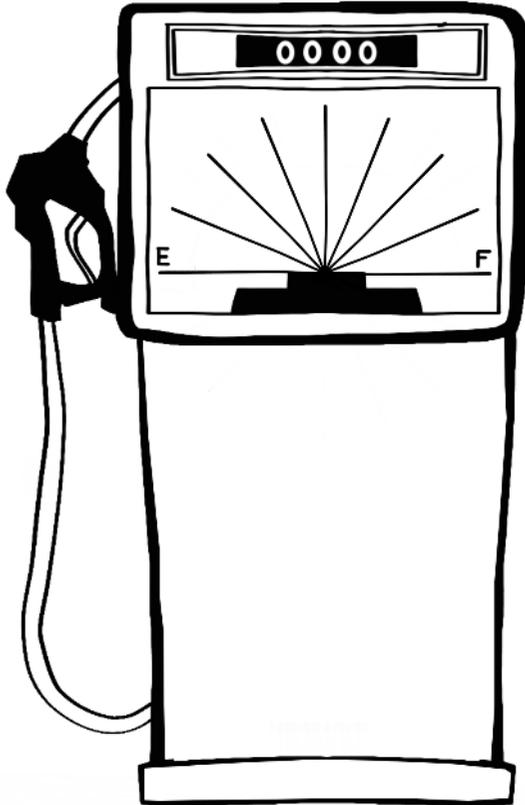
What balls are you juggling?



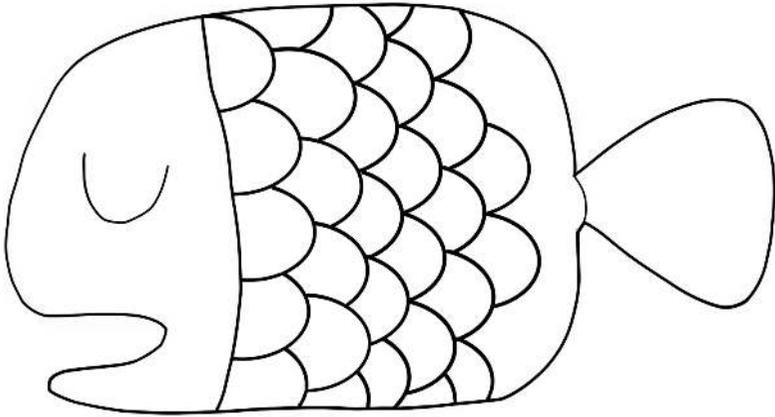
We're rarely at the top of the pecking order, where we belong. Where do you feel you're currently at?



Use the gauge below to mark how full
or un-full, your tank is right now.



This is a monthly mood tracker. Decide on differing moods for your colour-coded key and fill in an area of the fish a day, to represent the mood which summed up the day for you.



Mood key



eg. calm



I want to do, be, have and feel

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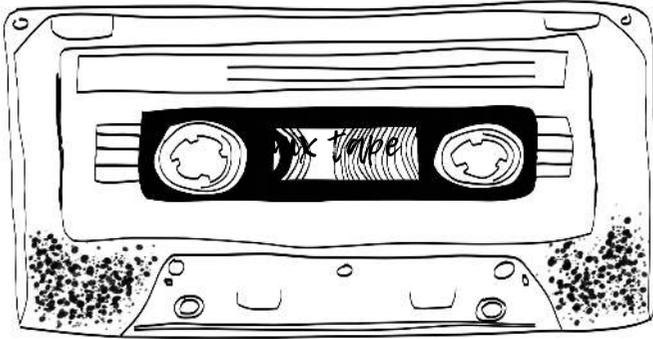
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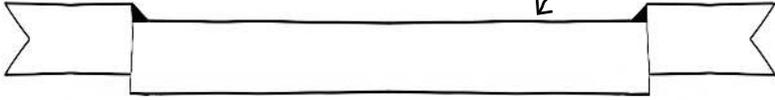
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Make a playlist of songs which inspire,
uplift and make you smile

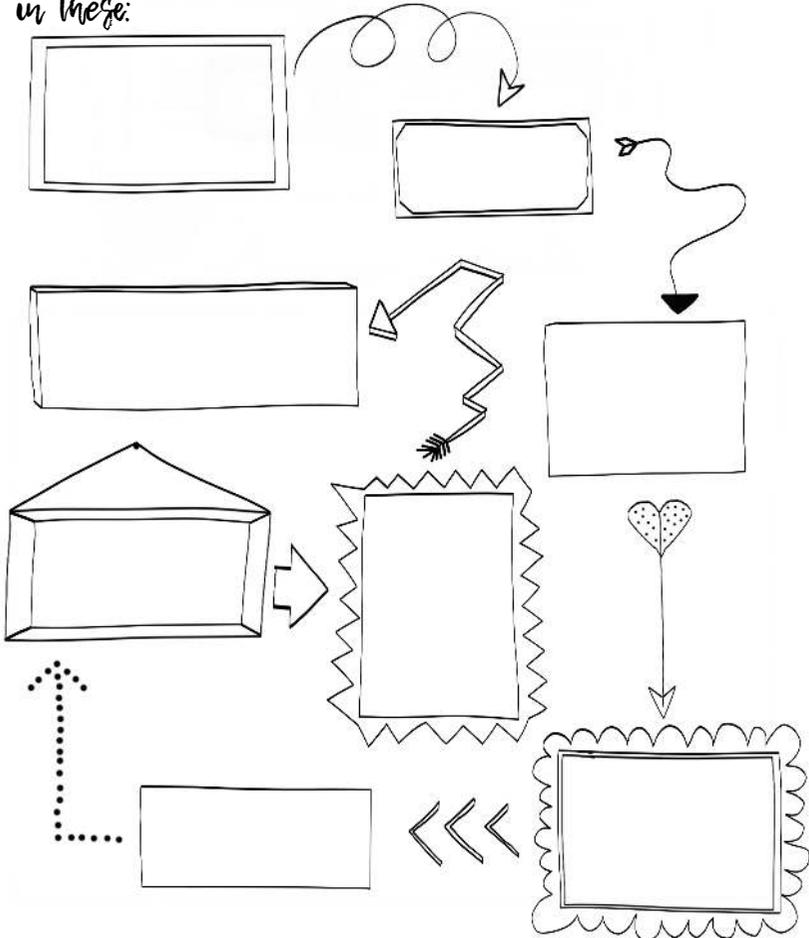


- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Pop your favourite quote/mantra in here)



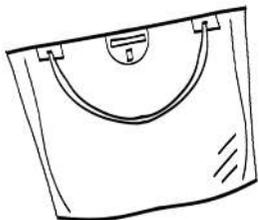
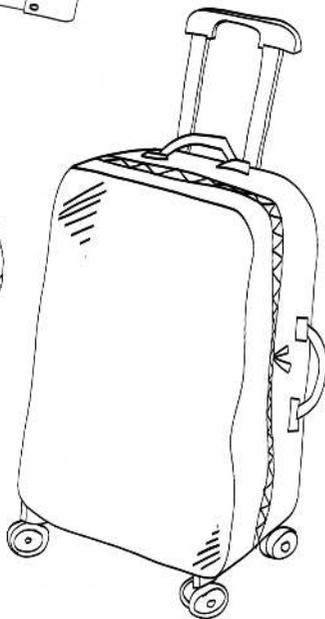
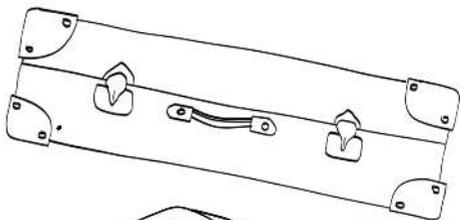
Then the things which calm, comfort and reassure in these:



Take time to write down all the negative things
you have been told:

Now scribble over them - they're NOT your truth.
Pinky promise.

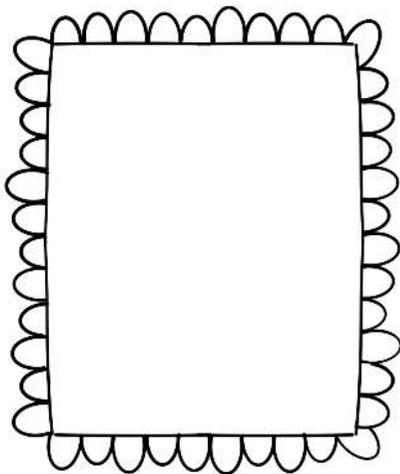
What baggage are you carrying?



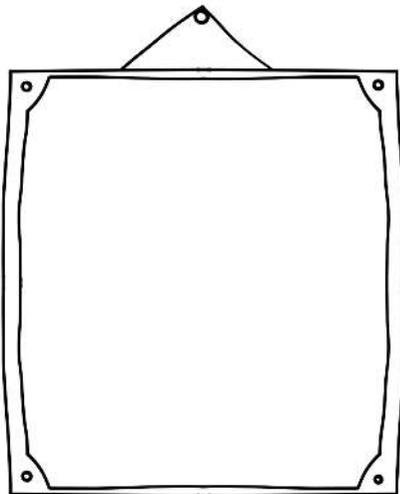


*What, or who, keeps getting
in your way?*

Find an image,
or draw an image
which represents
how you feel
right now



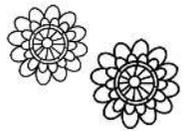
Do the same for how
you'd like to feel



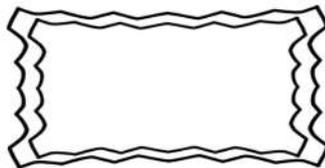
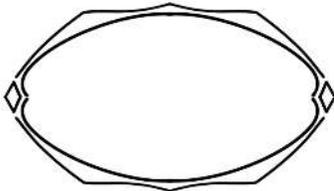
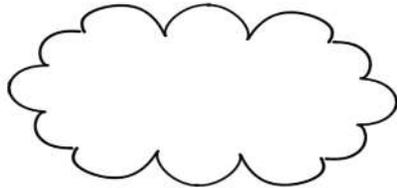
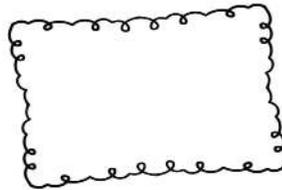
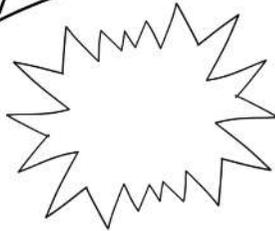
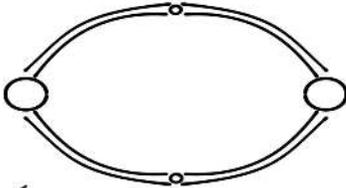
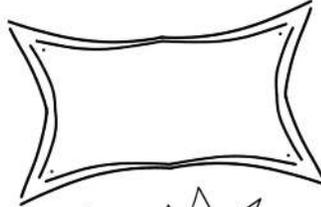
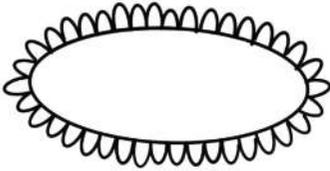
[your name here]



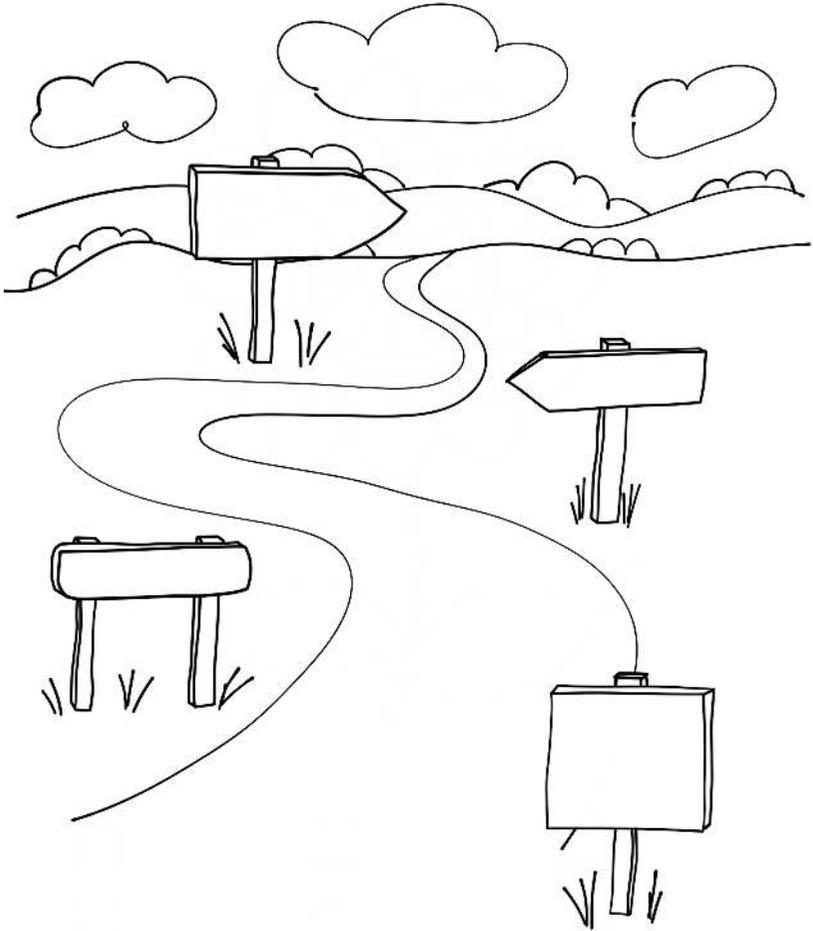
_____ 's favourite things



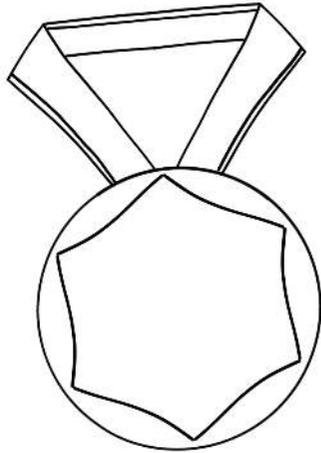
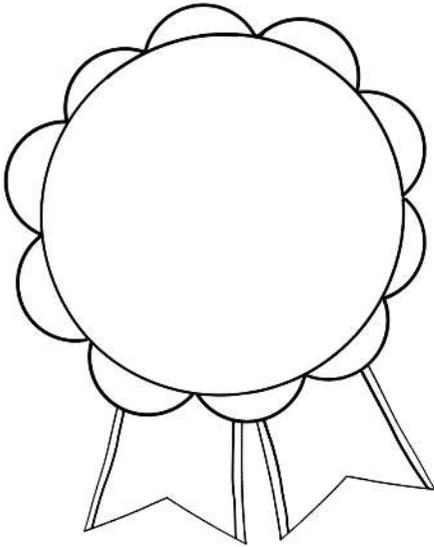
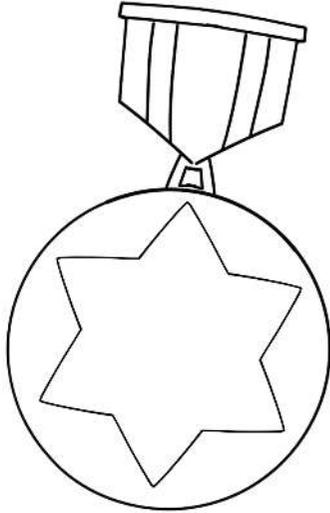
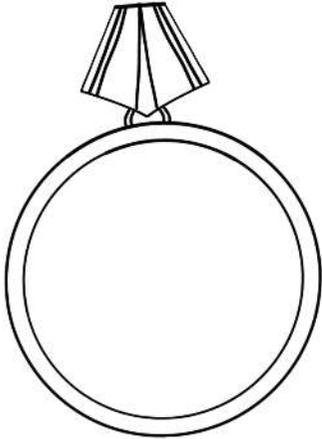
Use the boxes below to describe yourself
in 10 positive words

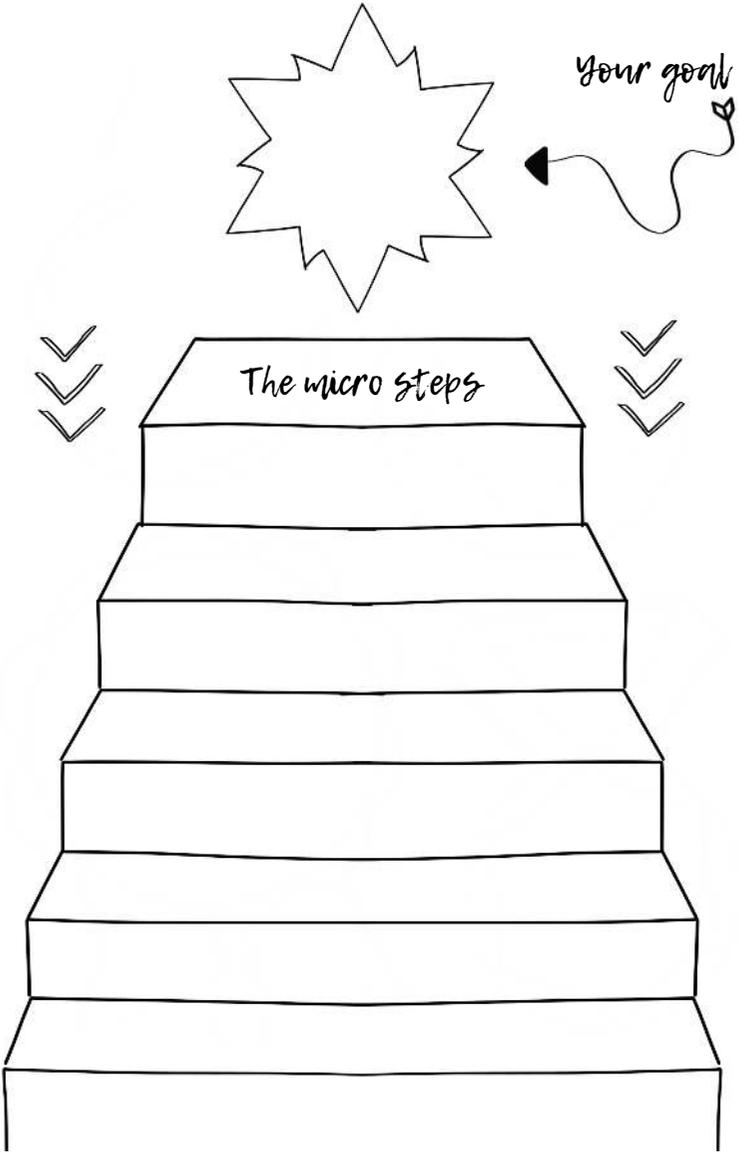


We all have fears. use the signposts
to name yours



Name your acts of bravery





What 'self-care' acts are taking your fancy?

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4

5

How will you make time for them?

1

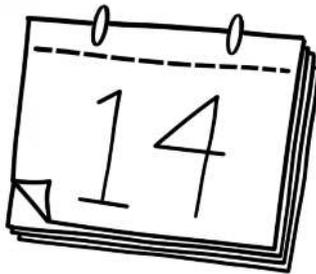
2

3

4

5

Quick! Pop them into your calendar/schedule.





Plan your ideal
'self-care' day -
each ray represents
an hour

D A Y P L A N

To do

-
-
-
-
-
-

Drinks

○ ○ ○ ○ ○ ○ ○ ○

Sleep

--	--	--	--	--	--	--	--	--	--	--	--

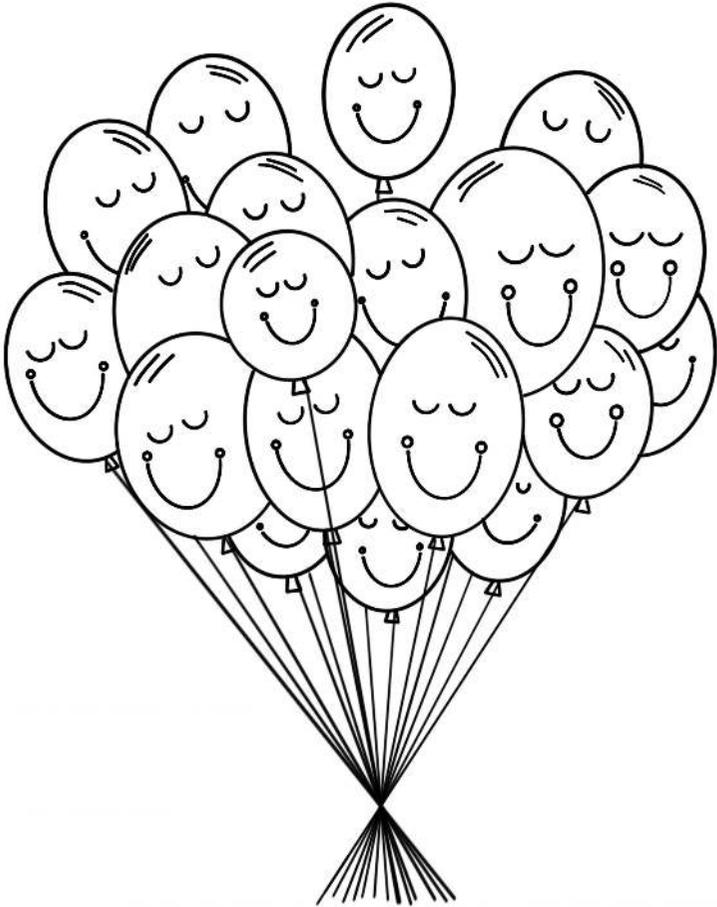
The best bit:

The worst bit:

Self-care shenanigans:

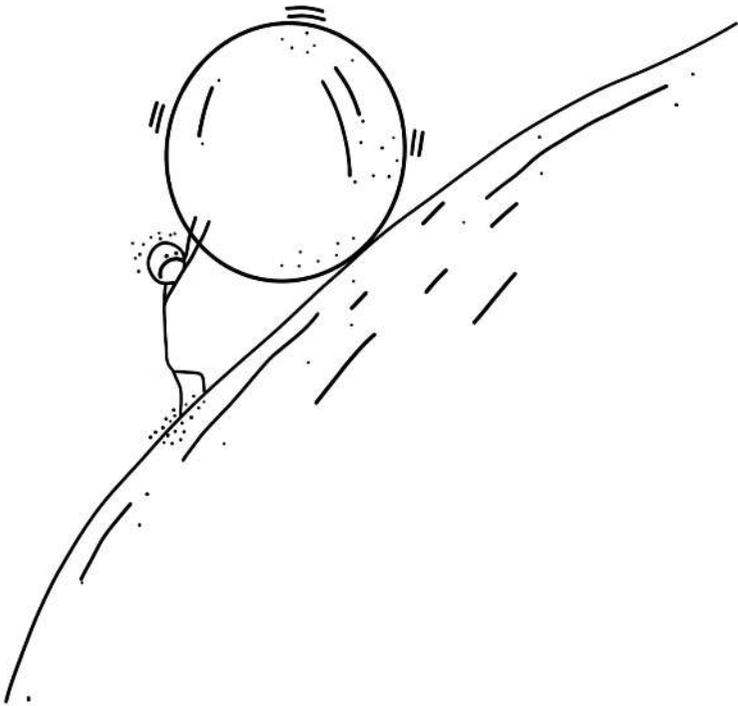
OVERALL FEELING

😊 😄 😞 😐 😓 😡 🤔 😴 😬

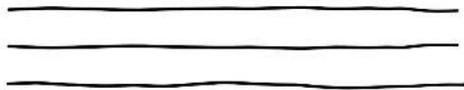
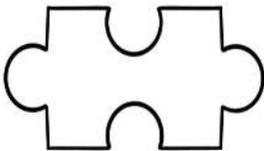
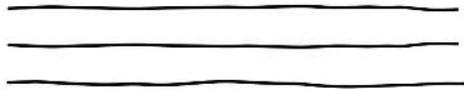
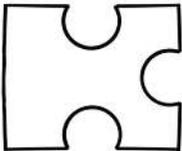
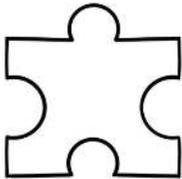
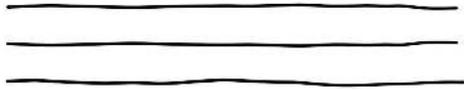
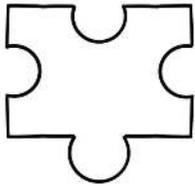


Who lifts you up?

Who holds you back?



What's missing? What support do you need?



Consider this: what advice would your elder-self give you right now? Pop it in the box below.

A large, empty rectangular box with a thin black border, intended for the user to write their response to the prompt above.

That older self of yours is a wise 'ol owl

Make a list of the things that comfort
you on lemon-pelt ing days



My self-care declaration

I promise to:

I will remember to:

At all times, particularly in times of stress or uncertainty, I will:

I will try my absolute hardest to:

I will choose kindness. Always.

Signed: _____ .

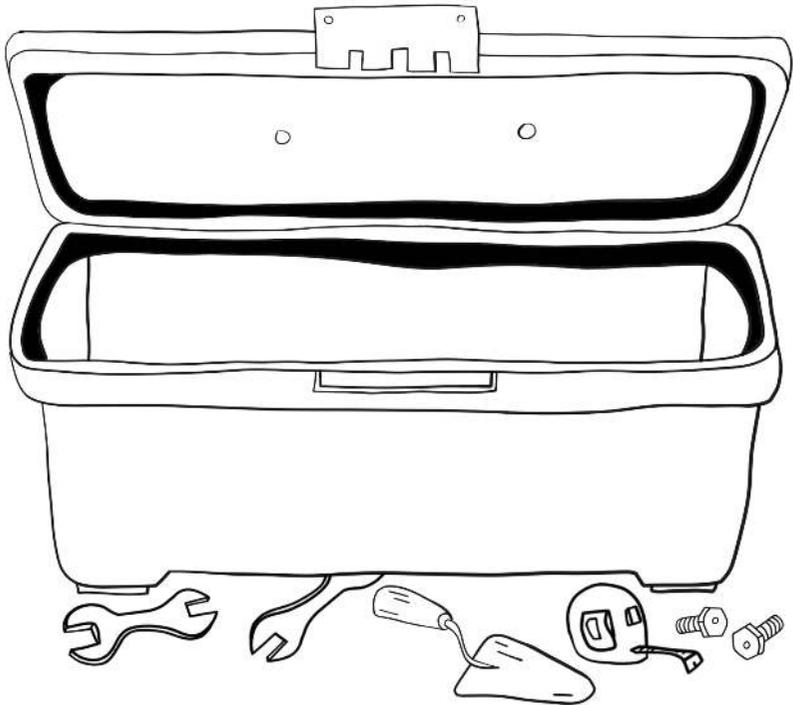
What's worrying you?
Brain-dump in the space below.

A large, empty rectangular box with a thin black border, intended for a brain-dump or writing.



Consider your bedtime routine. How could it be tweaked to promote shuteye?

Self-care toolkit. What tools are in yours?



Your Emergency Self-Care Plan



Headspace: www.headspace.com

I find their blog articles incredibly insightful and they aid reflection.

Living Life: www.llttf.com

I've used the CBT modules many a time, and will continue to do so.

Samaritans: www.samaritans.org

I'm not ashamed to admit that I have called the Samaritans before and wouldn't hesitate to do so again - for a dose of empathy and advice in the darkest of times. Lifesavers.

I'm Alive: www.imalive.org

7 Cups of Tea: www.7cups.com

For the times anxiety has made using the telephone a really scary thing to do, I've used these sources of online support and they've been incredible. Lifesavers.

Self-Compassion: www.self-compassion.org

I am getting much better at practising self-compassion and find that reading this website helps me strive to be better at it. Always a work in progress, right?!

Thrive Global: www.thriveglobal.com

Don't we all want to thrive? I dip in and out of this website a lot as I love learning and reading other people's perspectives on some of the problems I face.

Quiet Revolution: www.quietrev.com

It took me years to realise that one of the reasons I didn't feel as though I fitted in was because I was an introvert with lots of extroverted friends. It's been liberating to learn about introversion and how schools, etc are biased towards extroversion.

Calm: www.calm.com

My go-to meditation and mindfulness app. I love that the recordings address the difficulties that we may have when we begin meditating - I don't find it easy at all and Tamara totally lets me off the hook for that which means I embrace the quiet and solitude with very little beating myself up going on.