



# Self-Care Workshop

## Tool Kit

# SELF-CARE

Definition: to take care of oneself:  
emotionally, physically, mentally, and spiritually.

- You can't give what you don't have
- Put your mask on first before you offer assistance.
- Full up your bucket so that it may overflow into others.

# Ways to self-care:

Meditation

Drawing

Healthy Boundaries

Hiking

Taking a walk

Nature

Cooking

Reading

Gaming

Massage

People Watching

Deep breathing

Pet therapy

Art

Working out

Mani-Pedi

Aromatherapy (essential oils)

Pursuing a hobby (start-to-finish)

Media Detox

Fishing

Yoga

# Areas to Self-Care

It is absolutely okay  
to take time for self care.



you can't do things well  
if you don't feel well.

chibird



# Mentally

“None but ourselves can free our minds.” - Bob Marley

The mind is a powerful force, it can enslave us.

It's important to take care of our minds daily since it drives so much of who and what we are. The mind is the filtration of the life that we live.

- Limit outside news and media
- Create positive affirmations
- Start / End the day with a 10 - min meditation
- Ask questions and fewer statements. Instead of everyone hates me or I'm not doing a good job ask do people really hate me? Am I doing a good job?



# Physically

“Take care of your body. It's the only place you have to live.” - Jim Rohn

Physical self-care will help make sure you are healthy to keep up with all the things you like to do.

- Getting enough sleep
- Drinking enough water ( $\frac{1}{2}$  your body weight in ounces a day)
- Eat stress-reducing foods: blueberries, avocado, dark chocolate, carrots...
- Move your body for at least 30 mins a day
- Experience nature on a daily basis

# Emotionally

“Your emotions are the slaves to your thoughts, and you are the slave to your emotions.” - Elizabeth Gilbert

- Journaling is medicine for the soul
- Humor Heals
- Limit things that don't feel good or add balance
- Check your environment





# Spiritually

This isn't about religion. It is about connecting with something larger than yourself. "When you realize there is no lacking, the whole world belongs to you." – Lao Tzu

- Meditation
- Prayer
- Saying Positive Affirmation (I am in abundance)
- Connecting with nature (go barefoot)





# Chemicals of Self-Care

## Dopamine

THE REWARD CHEMICAL

- Complete a task
- Doing self-care activities
- Eating food
- Celebrating little wins



## Oxytocin

THE LOVE HORMONE

- Playing with dog
- Playing with a baby
- Holding hands
- Hugs
- Give a compliment



## Serotonin

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



## Endorphin

THE PAIN KILLER

- Laughter
- Healing smells
- Watch a comedy
- Dark chocolate
- Exercising



# 5 Self-Care Tips You Can Do Right Now

# Hydration

Rule:  
1/2 body  
weight in oz a  
day



# Use Positive Words



[https://www.youtube.com/watch?v=42aF-bL\\_IRE&t=1s](https://www.youtube.com/watch?v=42aF-bL_IRE&t=1s)



# High-Vibe Words and Attributes

I am... kindness

I am... compassion

I am... patient

I am... confident

I am... giving

I am... thriving

I am... courageous

I am... calm

I am... enthusiastic

I am... caring

I am... optimistic

I am... happy

I am... grateful

I am... loving

I am... glorious

I am... dynamic

I am... ecstatic

I am... humble

I am... community

I am... elated

I am... blessed

I am... whole

I am... harmonious

I am... vibrant

I am... animated

I am... empowered

I am... magical

I am... capable

# Energize Your Body

Do things that energize you. Make a list of things that make you feel energized and pull from that list whenever you need it.

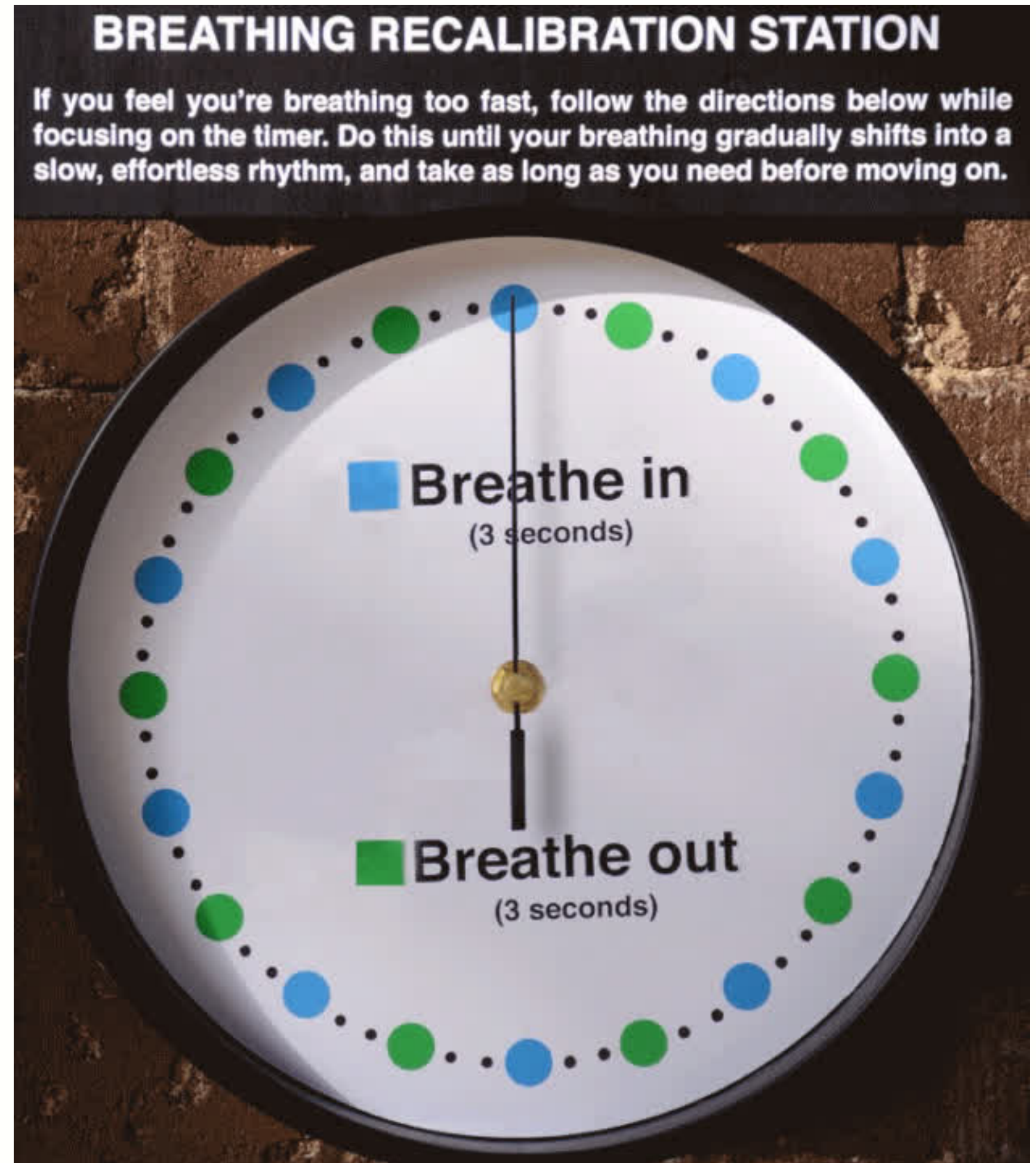


# Breathe

## Recalibrate the breath

Breathe in for 3 secs

Breathe out for 3 secs



# Good Vibes Only





# Resources

# Foods to help with anxiety + sleep

## Drink banana tea:

Great for sleep, soreness, and relaxing

- 1 whole banana (peeled or unpeeled)
- 3 cups of water
- Boil banana for 10 mins
- Strain the water into a cup
- (Use the banana for baking or smoothie)
- Add cinnamon and enjoy

Note: bananas are a natural muscle relaxer and in this form will make you sleepy. I highly recommend you intend to sleep shortly after sipping and avoid driving. Frozen bananas will work as well, you would boil longer.

## Eat blueberries:

Great for reducing anxiety.

**Eat kale:** Here is my super-secret kale recipe:

CKO (Caramelized Carrots, Kale and Onion)

- 3 bunches kale
- 2 sweet onions
- 6 carrots ( peeled)
- Avocado or Olive Oil
- Dutch Oven (or pot with a lid)

1: caramelize onions (kosher salt helps)

2: once onions are ready, chop kale and toss with the onions

3: Peel and chop carrots add to the pot

4: add 2-3 cups of water cook until kale and carrots are tender

5: Enjoy



# How to Create a Self-Care Routine

Creating a routine within your day helps you navigate the best practices for self-care. To start, focus on breaking your day up into five areas:

- Early Morning (5 AM-8 AM)
- Morning (8 AM-12 PM)
- Afternoon (12 PM-4 PM)
- Evening (4 PM-7 PM)
- Night (8 PM-10 PM)

Add 2-3 core things that you must do or complete that is relevant to your self-care or being. This is not work-related.

## Example:

Early Morning (5 AM-8 AM)

Set intent for the day

Read positive affirmations

Once you've completed the five areas with at least 2 items, that is your self-care routine. Putting a reminder on your calendar and adding a visual checklist in your space will help you keep this in practice.



# Setting Up a Work-From-Home Space

## Set up your space

- Ensure it is well lit unless you need a dimmer environment
- Add plants. Start with soft succulents, air plants or air purifying plants
- Add positive words or funny quotes in your space for your eyes only.
- Use a yoga ball as a seat when you want to switch it up
- Add some good vibe music. Chillpop is legit.

## Avoid back to back meetings

Give yourself at least 15 mins between meetings. You will retain information better, keep better track of to-do's and it will contribute to your mental and emotional stamina.

## Meal prep

If you have never meal prepped, avoid trying to meal prep the entire week. Start with three days for the first three weeks. This will also help you budget and works great if you have kids.

## Have a fun distraction

For me, it's my Nintendo Switch. Have something that you can play or engage with that isn't work-related. Raise those positive chemicals, y'all!

## Add plants

Did I already say add plants? It's such an important element to space and nature is relaxing and healing.



# Light, Love, & Gratitude

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