



Workbook

1. Self Care

Self-care has been defined as providing adequate attention to one's own physical and psychological wellness.

Beauchamp & Childress, 2001

Self-care is the ability to take care of one's basic needs.

Eating Disorders Victoria

HOW OFTEN DO I PRACTICE SELF-CARE?

A LACK OF SELF-CARE CAN IMPACT THE FOLLOWING AREAS:

Relationships

Mental Health

Productivity

Creativity

Resilience

ARE ANY OF THESE AREAS SUFFERING DUE TO A LACK OF SELF-CARE?

IF YOU ANSWERED YES HOW SO?

DO YOU BELIEVE YOU ARE WORTHY OF MAKING TIME FOR YOURSELF?

2. Barriers

HAVE I BELIEVED SELF CARE MYTHS?

- Self-care costs a lot of money
- Self-care is selfish
- Self-care is to be earned
- Self-care takes a lot of time?

WHAT ARE THE FACTS?

ARE THERE ANY BARRIERS THAT I HAVE IDENTIFIED THAT PREVENT ME FROM TAKING CARE OF MYSELF?

- Yet to discover needs and wants
- Poor time management
- Difficulty delegating tasks
- Lack of boundaries
- Feeling unworthy of self-care
- Unrealistic expectations
- Feeling guilty for taking time out

ARE THEIR BARRIERS THAT YOU CAN IDENTIFY?

IF THE BARRIER WASN'T THERE, WHAT WOULD YOUR LIFE LOOK LIKE?

WHAT CAN YOU DO TO REMOVE THIS BARRIER?

3. Well-being

DO I MAKE MY WELL-BEING A PRIORITY? HOW SO?

WHAT AM I DOING TO PROMOTE A SENSE OF WELL-BEING SO FAR?

Physical:

Psychological:

Social:

Spiritual:

WHAT CAN YOU DO THIS WEEK TO PROMOTE PHYSICAL, PSYCHOLOGICAL, SOCIAL AND SPIRITUAL WELL-BEING?

Goal Setting Tips

- Write down your goals
- Make goals attainable and sustainable
- Break down larger goals into smaller goals
- Make goals exciting
- Evaluate the process
- Cultivate a growth mindset

4. Pleasant Events

DO I FIND MY DAY IS FILLED WITH ALL RESPONSIBILITY AND NO PLAY?

AM I SURPRISED BY MY ANSWER? HOW SO?

HOW OFTEN DO I MAKE TIME FOR PLEASANT EVENTS?

HOW DO I ENSURE OR CONTINUE TO HAVE TIME TO DO THE THINGS I ENJOY?

EXAMPLE

Well-being Goals Template

SOCIAL

Organise dinner with Chris

- Message Chris
- Set a day and time
- Make reservations

PSYCHOLOGICAL

Speak to my counsellor about work stress

- Confirm appointment

PHYSICAL

Go for two 15 minute walks

- Check weather
- Schedule time in calendar
- Set alarms to prepare clothes and shoes the night before

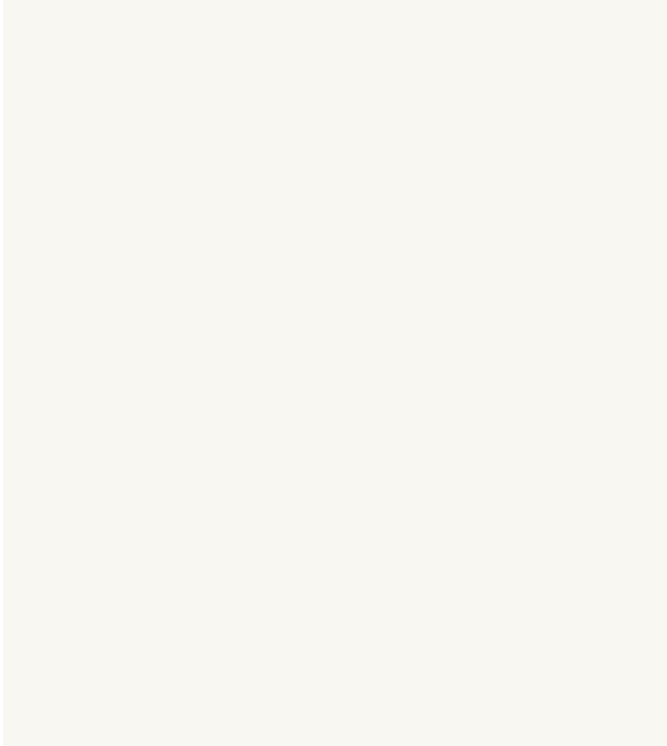
SPIRITUAL

Practise gratitude

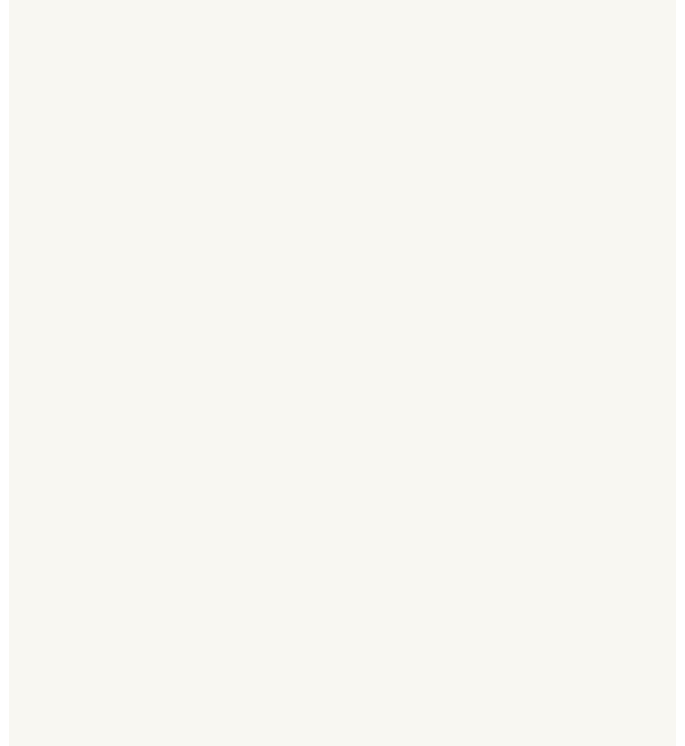
- Buy journal on Monday after work
- Put journal near tea bags
- Write an entry when I make my morning cup of tea

Well-being Goals Template

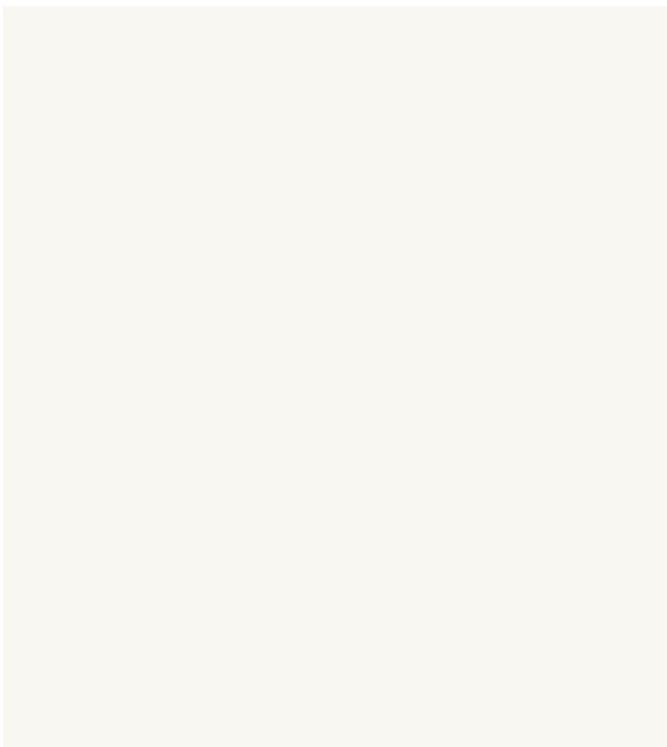
SOCIAL

A large, empty rectangular box with a light beige background, intended for writing social well-being goals.

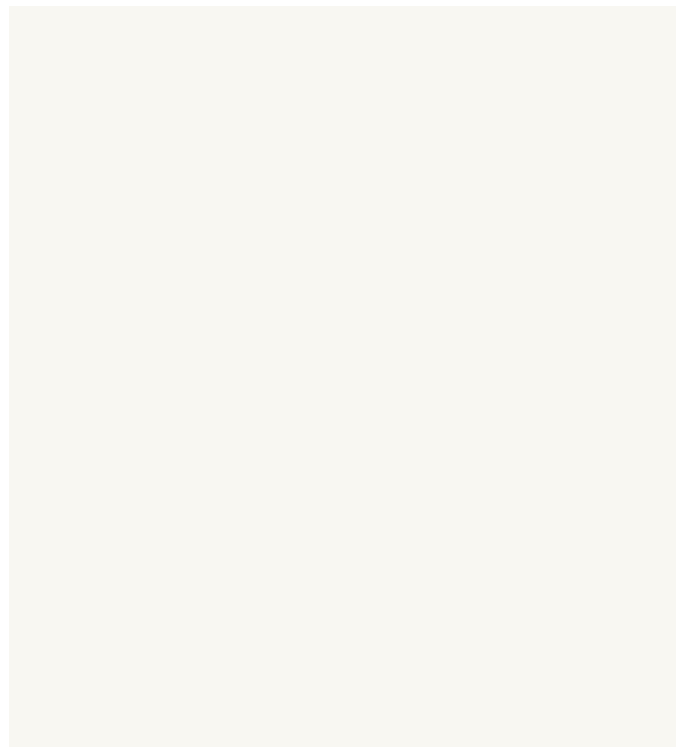
PSYCHOLOGICAL

A large, empty rectangular box with a light beige background, intended for writing psychological well-being goals.

PHYSICAL

A large, empty rectangular box with a light beige background, intended for writing physical well-being goals.

SPIRITUAL

A large, empty rectangular box with a light beige background, intended for writing spiritual well-being goals.

Pleasant Event Ideas



Go for a walk



Take a nap



Journal



Listen to or play music



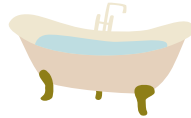
Listen to a podcast



Dance



Stop for a cuppa



Take a bath



Practice gratitude



Do some gardening



Get creative



Sing along to your favourite songs



Watch the sunrise or sunset



Read



Spend time in nature