

The





### SELF-CARE



Q: What does self-care mean to me?

Q: Do I practice self-care?

Q: What have I believed about self-care that is a myth?

Q. Am I convinced that self-care is important to keeping well? How so?

"AS YOU GROW
OLDER, YOU WILL
DISCOVER THAT YOU
HAVE TWO HANDS,
ONE FOR HELPING
YOURSELF, THE OTHER
FOR HELPING OTHERS."
Maya Angelou





#### HISTORY & HABITS



- Q. What is culturally acceptable and unacceptable when it comes to self-care?
- Q. Who were my primary attachment figures growing up? Did they practice self-care?
- Q. How acceptable or unacceptable would self-care be in the eyes of my attachment figures?
- Q. When I choose not to self-care, what are the repocussions

Q. What are some habits that are no longer serving me?

Q. What are the triggers for these habits?





#### **IDENTIFYING BARRIERS**



- Q. How often do I experience false guilt?
- Q. Can I identify a contributing factor to false guilt?
- Q. Have I placed or allowed unrealistic expectations in my life?
- Q. When it comes to all-or-nothing thinking, do I identify with these attributes?
  - I have unrealistic standards
  - I lack self-compassion
  - · I judge myself harshly
  - · My self-talk is discouraging
  - · I never celebrate the smaller wins or my progress
  - · I identify as a failure
- Q. Did I already know this, or did it surprise me?



#### PLEASANT EVENTS



- Q. What pleasant events am I currently enjoying?
- Q. What hobby or activity have I always wanted to do?
- Q. How can I make pleasant events a priority?

"PLAY KEEPS US VITAL AND
ALIVE. IT GIVES US AN
ENTHUSIASM FOR LIFE THAT IS
IRREPLACEABLE. WITHOUT IT,
LIFE JUST DOESN'T TASTE
GOOD" -







#### PLEASANT EVENTS

Talk on the phone
Have a bath
Look through some old photos
Watch a funny movie
Go for a walk
Listen to music
Have a massage
Write in a diary
Do some stretching
Play with your pet
Work on a hobby
Sing
Write or read poetry
Work on a puzzle
Listen to relaxing music

Dance Drink tea or coffee from a favourite mug

Spend some time outdoors Read

Play a board game

Do some artwork

Go and see a play

Do some gardening

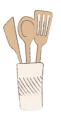
Take a break from work

Listen to an audiobook

Spa day (can be done at home)













## Pleasant Event Catalogue

DAILY	WEEKLY
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MONTHLY	QUARTERLY
ANNUAL	NOTES

## Pleasant Event Monthly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

# PRIORITY



### **NOTES**

