



My Self-Care Handbook



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Welcome

Dear Caregiver, taking care of yourself when you have to caregive for someone else can seem like "Mission Impossible." Sometimes, you may even feel guilty or selfish, but remember, you cannot draw water from an empty well. While your life may have drastically changed, one thing that must remain is self-care. It's imperative in maintaining your own health that you claim a few moments each day to focus on your own well-being.

Inside, you will find a Weekly Calendar, To-Do List, Morning, Evening, and Weekly Check-Ins, Notes for Your Coach, and pages to write and keep track of how you're doing. In the back, you'll also find a few exercises to help you relax, as well as some questions to center you. Use the "Morning Pages" as a stream of consciousness writing exercise. Don't worry about grammar, or spelling. Just let out every worry or concern you wake up with. Use the "Evening Pages" to release the day. The Morning/Evening pages help prevent a build up of negative emotions and can bring relief.

*You can also choose your cover.

After the initial printing, each week simply re-print the "Weekly Pages," (4-34) to make use for the entire month.

Simply select "page range" 4-34 prior to printing.

Sending you love and support.

Darlene

My week



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Priorities of To-Do

When taking care of someone else, you might be trying to do everything as you did before. This can lead to overwhelm and exhaustion. You will want to identify the things that absolutely must be done, and give yourself a break on the rest. For example, rather than vacuum the floor, maybe sit quietly for 5 minutes, take a nap, or go outside and take a few deep breaths of fresh air. Seize a moment of self-care when you can. Use the list below to identify what's most important. **"A"** priorities being **must-do's**, **"B"** being somewhat important, and so on.

A

1. "Take care of MYSELF!"



B

C

MORNING CHECK-IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

My main intention for today is...

One thing I will do for myself today is...

Today's affirmation: [Example: "I let go of what I cannot change."](#)

EVENING CHECK-IN

OVERALL TODAY WAS



Awesome



Good



Okay



Not good



Horrible

What do I need to release about today?

What are 3 things I can be grateful for?

Evening Mantra or Write your own

"May I find inner peace"

MORNING CHECK-IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

My main intention for today is...

One thing I will do for myself today is...

Today's affirmation: [Example: "Today I will watch my thoughts."](#)

EVENING CHECK-IN

OVERALL TODAY WAS



Awesome



Good



Okay



Not good



Horrible

What do I need to release about today?

What are 3 things I can be grateful for?

Evening Mantra or Write your own

"May I find strength."

MORNING CHECK-IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

My main intention for today is...

One thing I will do for myself today is...

Today's affirmation: [Example: "I am doing my best"](#)

EVENING CHECK-IN

OVERALL TODAY WAS



Awesome



Good



Okay



Not good



Horrible

What do I need to release about today?

What are 3 things I can be grateful for?

Evening Mantra or Write your own

"May I be free from fear."

MORNING CHECK-IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

My main intention for today is...

One thing I will do for myself today is...

Today's affirmation:

EVENING CHECK-IN

OVERALL TODAY WAS



Awesome



Good



Okay



Not good



Horrible

What do I need to release about today?

What are 3 things I can be grateful for?

Evening Mantra or Write your own

"May I find acceptance."

MORNING CHECK-IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

My main intention for today is...

One thing I will do for myself today is...

Today's affirmation:

EVENING CHECK-IN

OVERALL TODAY WAS



Awesome



Good



Okay



Not good



Horrible

What do I need to release about today?

What are 3 things I can be grateful for?

Evening Mantra or Write your own

"May I find [patience.](#)"

MORNING CHECK-IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

My main intention for today is...

One thing I will do for myself today is...

Today's affirmation:

EVENING CHECK-IN

OVERALL TODAY WAS



Awesome



Good



Okay



Not good



Horrible

What do I need to release about today?

What are 3 things I can be grateful for?

Evening Mantra or Write your own

"May I find wisdom."

MORNING CHECK-IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

My main intention for today is...

One thing I will do for myself today is...

Today's affirmation:

EVENING CHECK-IN

OVERALL TODAY WAS



Awesome



Good



Okay



Not good



Horrible

What do I need to release about today?

What are 3 things I can be grateful for?

Evening Mantra or Write your own
"May I find ease from this sorrow"

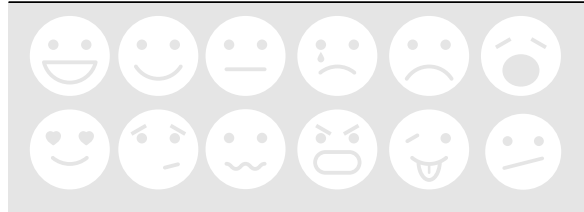
Weekly Check-in

DATE _____

THINGS I DID THIS WEEK FOR ME

- _____
- _____
- _____

OVERALL THIS WEEK I FELT



WHAT ARE SOME SMALL THINGS
YOU CAN DO FOR YOURSELF THAT
COULD MAKE A DIFFERENCE?

SOMETHING I CAN LET GO OF IS

TOP 3 THINGS I'M GRATEFUL FOR

WHAT WAS THE BEST THING
ABOUT THE WEEK?

MY RANKING OF THE WEEK



Ways to Relax



THE "5...3...1" EXERCISE

This exercise will quickly ground you and bring you into the present moment. Use at the first sign of anxiety or frustration. Take your time, and earnestly notice what you see, hear, and feel. Relax into it. Notice the calm you feel afterwards.

- While sitting or standing, look around and...
- Identify 5 things you can see.
- 3 things you can hear.
- 1 thing you can touch. (Feel it)

WHAT I EXPERIENCED DURING THIS EXERCISE

Ways to Relax cont.



THE "NOTICE" EXERCISE

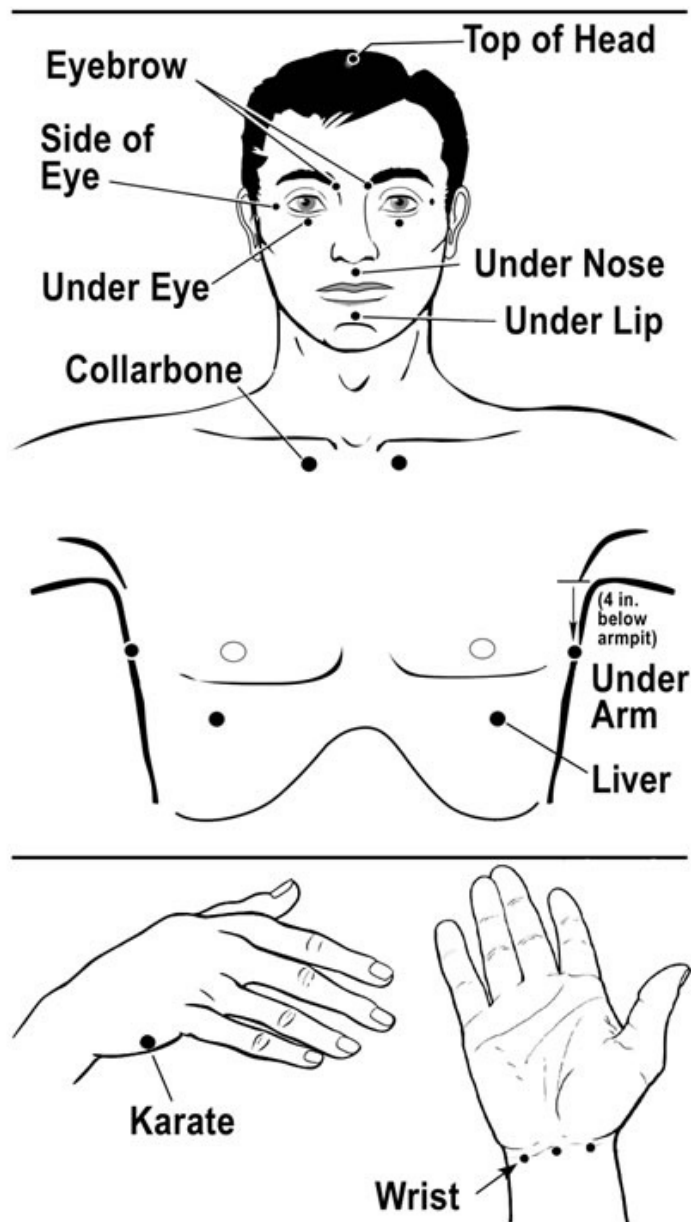
This exercise is similar to the previous one, and also very effective for calming down, clearing the mind, and being more present in the moment. Calm arises in presence. Perform it somewhat slowly, one step at a time. You'll be sitting for this.

- Sitting in a chair, **notice and feel where your body makes contact with the chair.**
- Now, **notice visually, 1 or 2 things around you.**
- *Did you lose awareness of feeling your body in the chair when you looked around?
- **Start over**, only this time when you are **looking at 1 or 2 things, keep full awareness of your body in the chair.**
- Now, **keeping awareness of what you are both feeling, and seeing, identify something you can hear.**
- **Notice all 3 together.**
- **Breathe**

WHAT I EXPERIENCED DURING THIS EXERCISE

A Little Bit of "Tapping"

Using 2 fingers, "tap" on the areas of your body identified on the diagram below while repeating the phrase, "Calm and Relaxed..." You can tap in any particular order. Always start on the Karate Chop point!



Guidance Questions

USE THESE QUESTIONS TO HELP YOU GAIN CLARITY
AROUND A SITUATION

WHAT IS THE BIGGEST FEAR YOU
HAVE AROUND THIS
PARTICULAR SITUATION?

WHAT ARE THE MOST
IMPORTANT FACTORS IN THIS
SITUATION?

WHAT OTHER OPTIONS CAN YOU
THINK OF? HOW ELSE CAN YOU
APPROACH THIS?

WHAT IS THE BEST SOLUTION
RIGHT NOW? WHAT FEELS
RIGHT FOR YOU?

WHICH OPTION WOULD
HAVE THE LEAST IMPACT?

WHAT, IF ANYTHING, ARE YOU
NOT ADMITTING TO YOURSELF
ABOUT THIS SITUATION?

IF THIS SITUATION WERE
ACTUALLY PROVIDING YOU
IMPORTANT INFORMATION, OR A
LESSON ABOUT SOMETHING,
WHAT MIGHT THAT BE?