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How to start Your Self-Care Routine *Pack*



What this guide contains:

10 Tips on How to Start to Self-care when you are finding things difficult

Weekly Well-being Journal

Work out the Pros & Cons of Making a Change

Aim for a Healthy life Balance with B.A.C.E

Change Plan Worksheet

Be Kind to yourself:

Start by not feeling overwhelmed at this point with what you feel that you need to do to make changes in your life. Also, don't be overly critical of yourself. It is important to be compassionate with yourself. It's hard to try and do something positive in your life if you feel really bad about yourself. You just won't feel that you deserve it.

Be patient:

Nothing normally happens overnight but I guarantee that if you continue to do some of the positive activities, you will start to feel some benefits. If you are not seeing any benefits just ask yourself: - Have you been trying long enough -Have you been doing it consistently? -Are you doing what's right for you that fits your own lifestyle?

Decide on a routine and try to stick to it:

It does help to have a routine when you are starting something new. Decide on a time of day when you would find it easier to do without disturbance. For example, you may prefer mornings to set you up for the day. Or you may prefer evenings as it helps you to get to sleep.

Have you got a friend that you can do it with:

Have you got someone who you would like to share this journey with? Maybe you could exchange ideas, or just encourage each other. You may not need someone to do it with you. Maybe just having someone one there as accountability would be enough to motivate you to do it.

Be methodical:

Set a time how long you want to do it for and enter that in your diary as a reminder Use post it notes to remind you also

Don't worry if you keep making mistakes, you are still learning:

If you see a child learning how to walk, most good parents wouldn't shout at the child when they fall over. They will encourage, guide and support. This is the level of patience and encouragement you need for yourself.

Keep reminding yourself of the positives and try and work through the negatives – decisional balance:

Use the decisional balance and the Change Plan Sheet

Start small, don't overdo it:

You could make so much progress by just starting small and sticking to what you have started. Once you do this you could progress from there. It is better to start small, achieve those steps at a level that you are comfortable with then move on to the next small step.

Reward yourself for your achievements:

This would make your whole journey a lot more rewarding. It is only you can decide what you want to reward yourself with. The only suggestion is that not to leave it too long in-between rewards or you could end up with unrealistic targets that look unachievable.

Chart your progress so you can see how far you have come:

Writing down what you've done will help you to look back and see how far you have come. Use the Wellbeing Planner to write down the things you have done in your day, how it's made you feel – if it has worked, not worked, and why, etc.

You could also use the rating scale for both how well you have slept and how your day went. Rate them from 1 to 10. "1" is when things are really bad and difficult – "10" is when things are really good and you have no issues.

You could then look back and see what things made you feel good and what didn't work so well for you.

Wellbeing Journal

Affirmation
for the Month

Just focus on one Positive Affirmation, you would more likely remember it!

Date

Monday

Three good things that happened today:

How did you sleep? 1 2 3 4 5 6 7 8 9 10

How were you today? 1 2 3 4 5 6 7 8 9 10

Tuesday

Three good things that happened today:

How did you sleep? 1 2 3 4 5 6 7 8 9 10

How were you today? 1 2 3 4 5 6 7 8 9 10

Wednesday

Three good things that happened today:

How did you sleep? 1 2 3 4 5 6 7 8 9 10

How were you today? 1 2 3 4 5 6 7 8 9 10

Thursday

Three good things that happened today:

How did you sleep? 1 2 3 4 5 6 7 8 9 10

How were you today? 1 2 3 4 5 6 7 8 9 10

Friday

Three good things that happened today:

How did you sleep? 1 2 3 4 5 6 7 8 9 10

How were you today? 1 2 3 4 5 6 7 8 9 10

Saturday

Three good things that happened today:

How did you sleep? 1 2 3 4 5 6 7 8 9 10

How were you today? 1 2 3 4 5 6 7 8 9 10

Sunday

Three good things that happened today:

How did you sleep? 1 2 3 4 5 6 7 8 9 10

How were you today? 1 2 3 4 5 6 7 8 9 10

Work out the Pros & Cons of Making a Change

The Decisional Balance

Can be used for anything you need to make a decision on. You may need to decide to change carers, leave home etc – this is useful to help thoroughly explore the options

Positive Aspects of not changing?

Negative Aspects of not changing?

Positive Aspects of changing?

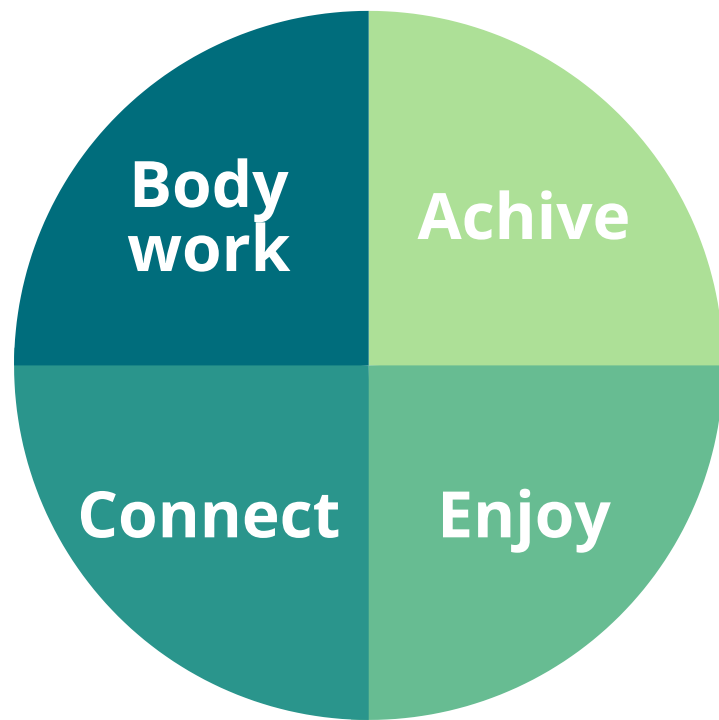
Negative Aspects of changing?

BACE Activity

Try and aim for a healthy life balance: Bodywork, Achieve, Connect, Enjoy

Our moods are often affected by the things we do, what we eat and how we spend our time.

We need to be paying attention to these different aspects of our lives to have a healthy and balanced sense of wellbeing.



Remember the acronym BACE:

Bodywork - go for a walk, eating well, taking supplements, sleep, etc

Achieve - Being true to ourselves, finding meaning, taking care of our homes

Connect - Family, friends, colleagues, community

Enjoy - Being "Childlike", having fun, mindfulness, pleasure, pampering

Often when we are feeling stress and anxiety in our lives, it is because we are out of balance. We are maybe spending more time on one aspect of BACE than the rest. For instance, we may find that eating is our only way of enjoying ourselves or relaxing; we might spend our time helping others but that leaves us drained and exhausted.

Try also to Keep track of your activities by using our Weekly Planner

Change Plan Sheet

The changes I want to make are:

*The steps I plan to take in changing
are:*

*The ways other people can help me
are:*

I will know my plan is working if: