



# Self-care

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# Urge Surfing

**Urge surfing is a technique developed by the psychologist Alan Marlatt and is used to get through an urge without acting on destructive impulses and habits**

When you feel an urge, allow it to continue. Notice where in your body you are experiencing the urge. Focus on the sensations in this body part. What do they feel like?

Now, bring your attention to your breath and notice it for the next few minutes. Inhale...exhale....

Gently refocus your attention on the part of your body where you experience the urge. What does the sensation feel like? Has it shifted?

Imagine sending the breath to those parts of your body feeling the sensation. Take your time and watch and feel the sensations.

Imagine the sensations from your urge are a wave. As the sensations peak and subside, you can imagine the wave rise and fall. Use your breath like a surfboard to ride each wave as it comes. Practise this for a few minutes until the urge subsides completely.



# The Healthy Mind *Platter*

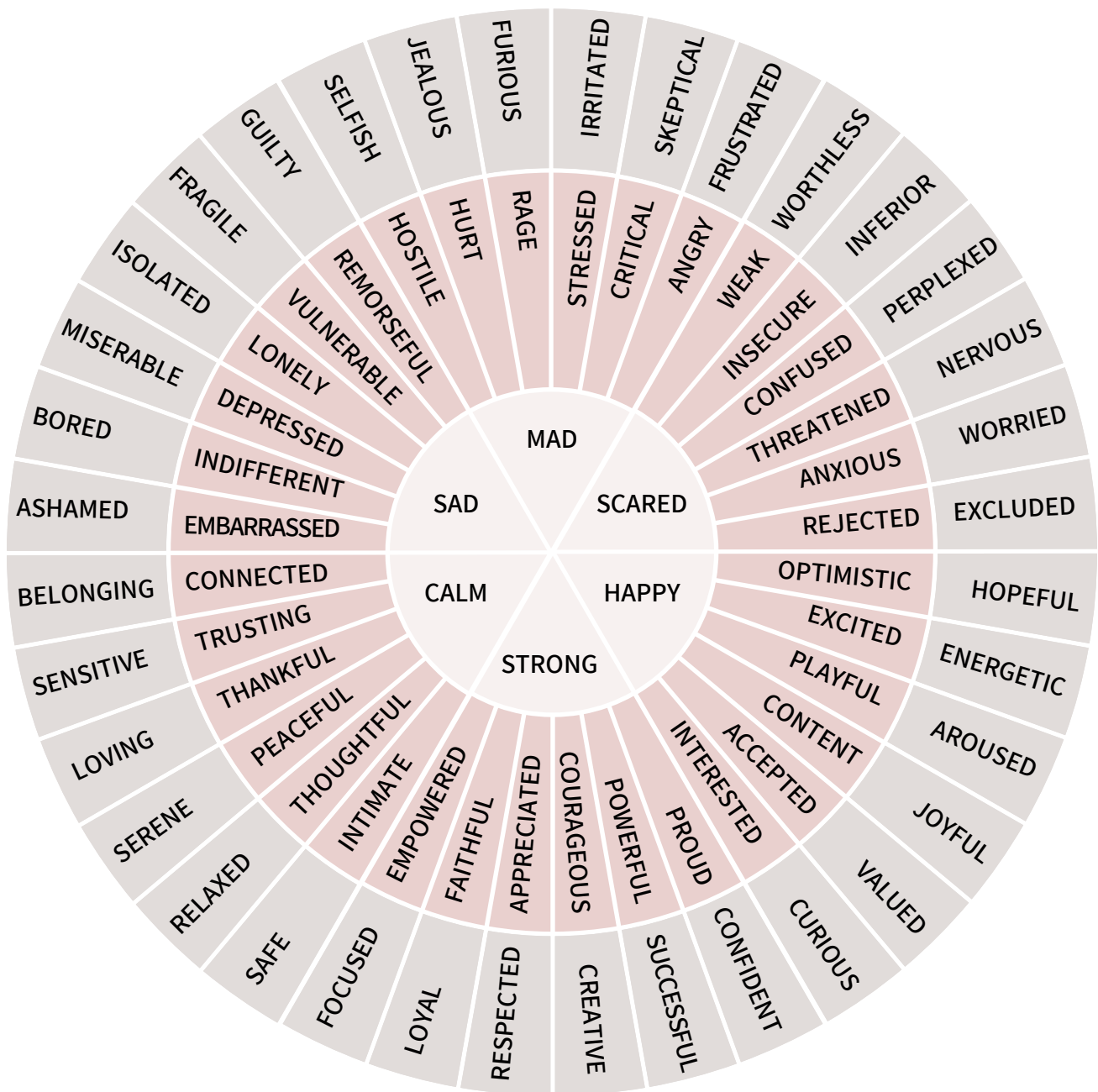
The Healthy Mind Platter identifies 7 areas which strengthen the brain's internal connections. Consider using this tool to reflect on what your week looks like for each of the seven areas.



Source: D. Rock and D. Siegel, 2011

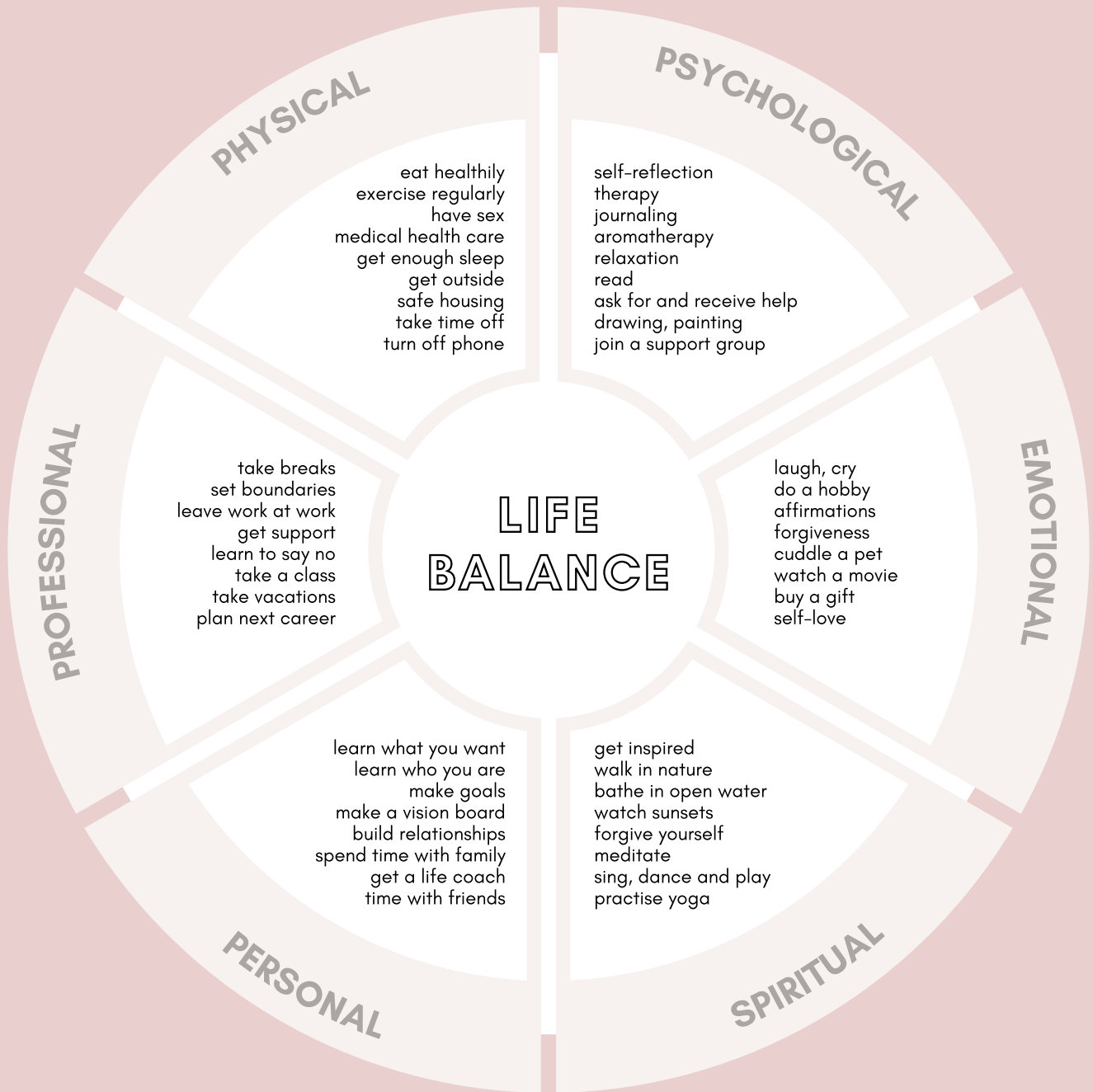
# The Emotions Wheel

The Emotions Wheel was developed by Robert Plutchik and can be helpful when attempting to explain your emotions to other people. Being able to put a name to feelings can give individuals the power to develop ways to move on and cope.





# The Self-Care *Wheel*



Source: Olga Phoenix

# 60 Ideas for *Self-Care*

- buy a gift
- breathe deeply
- use your senses
- aromatherapy
- have sex
- remember your why
- use an affirmation
- forgive yourself
- go for a picnic
- go wild swimming
- stroke a pet
- bake a cake
- create something
- do a hobby
- exercise
- go on mini vacation
- eat healthily
- read a book
- get enough sleep
- take naps
- learn something new
- brush teeth
- take a bath
- shower
- go to the dentist
- go to the optician
- do puzzles
- go to the doctor
- get some sunshine
- deep breathing
- watch sunsets
- laugh and cry
- take a walk
- make a gratitude list
- medical health
- stretch
- meditate
- do yoga
- draw
- play a game
- listen to music
- write in a journal
- sing a song
- dance
- play an instrument
- exercise
- make plans with a friend
- meet someone new
- watch a movie
- spend time in nature
- ask for help
- try a new recipe
- talk about your feelings
- self-reflection
- talk with a therapist
- visit a gallery
- take time off
- volunteer
- travel
- drink water

# The Pomodoro *Technique*

Source: Francesco Cirillo



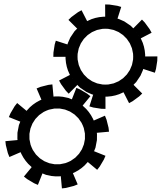
## **Decide on the task you need to do**

This can be any task that you need to get done and something that will require your full attention.



## **Set timer to 25 minutes**

Commit to spending 25 minutes on this task with no interruptions or distractions.



## **Work on task until timer rings**

Spend the next 25 minutes immersed in the task.



## **Make a check on paper**

This check shows you've successfully completed one session.



## **Take a 5 minute break**

You can do anything here that's not related to the task: have a drink, stretch, take a short walk.



## **After 4 check marks take a 30 minute break**

Now you can take a longer break. During this time your brain will assimilate the new information and be ready for your next session.

# The Window of *Tolerance*

The Window of Tolerance describes the best state of arousal or stimulation in which we are able to function and thrive in life. If we move outside this window we can become hyper-aroused or hypo-aroused.





# Grounding *Technique*

## LOOK

Look around you for 5 things that you can see, and say them out loud.

5

LOOK



## FEEL

Focus on your body and choose 4 things that you can feel; say them out loud.

4

FEEL



## LISTEN

Listen for 3 sounds. Say the three sounds out loud.

3

LISTEN



## SMELL

Say two things you can smell. Say the smells out loud.

2

SMELL



## TASTE

Say one thing you can taste. Say this out loud.

1

TASTE



# Calming *Techniques*

## BREATHING TECHNIQUES

Focusing on your breathing can help to calm your mind and body.

## PROGRESSIVE MUSCULAR RELAXATION (PMR)

Working systematically around the body, tense muscles on the in-breath and release on the outbreath.

## LARGE BILATERAL MOTOR MOVEMENTS

Open up your body, utilising both sides of the body helps to integrate the the rights side and left side of your brain. Consider crossing midline, using figure of 8 etc.

## USING A BALL

Using a stress or squeeze ball, throwing a yoga ball against the wall, kicking or bouncing a ball are all great techniques to calm your mind.

## 54321

5 things you can see; 4 you can feel; 3 you can hear; 2 you can smell and 1 you can taste.

## USE A WEIGHTED BLANKET

The deep pressure stimulation of the body can increase the release of the feel good neurotransmitter serotonin in the brain.

## VISUALISATION

Imagine going to a place you love, such a beach or a meadow.

## TRACING AND BREATHING

Draw a shape on a piece of paper. As you breathe slowly in and out continue to trace the shape without lifting the pencil from the paper.

## DOING EXERCISE

Exercise reduces adrenaline and cortisol (stress hormones) and increases the feel-good hormones.

## WARM WATER

Taking a bath, going for a swim or relaxing in a hot tub.

# The Power of *Breathing*

Using your breath to regulate your emotions can be extremely effective. Try some of the breathing exercises below.

## 7/11 BREATHING



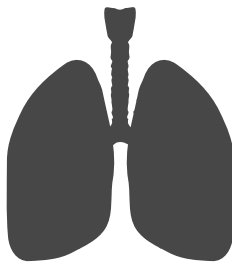
Inhale for a count of 7 and then exhale for a count of 11. The longer exhale will cause a parasympathetic response, which calms and relaxes the muscles in your body.

## FINGER BREATHING



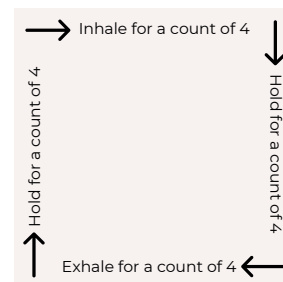
Trace around the thumb and fingers of your outstretched hand. From base of thumb to tip, inhale; from the tip of your thumb to the base on the other side, exhale. Repeat around the whole hand.

## BELLY BREATHING



The belly rises on the inhale and lowers on the exhale. This allows effective use of oxygen as it reaches the lower parts of the lungs. Place a hand on your belly and feel the movement.

## SQUARE BREATHING



Imagine moving around a square. Inhale from first corner to next for a count of 4; hold your breath to the bottom corner for 4; exhale to the next corner for 4; and hold breath for 4 to last corner. Now repeat.

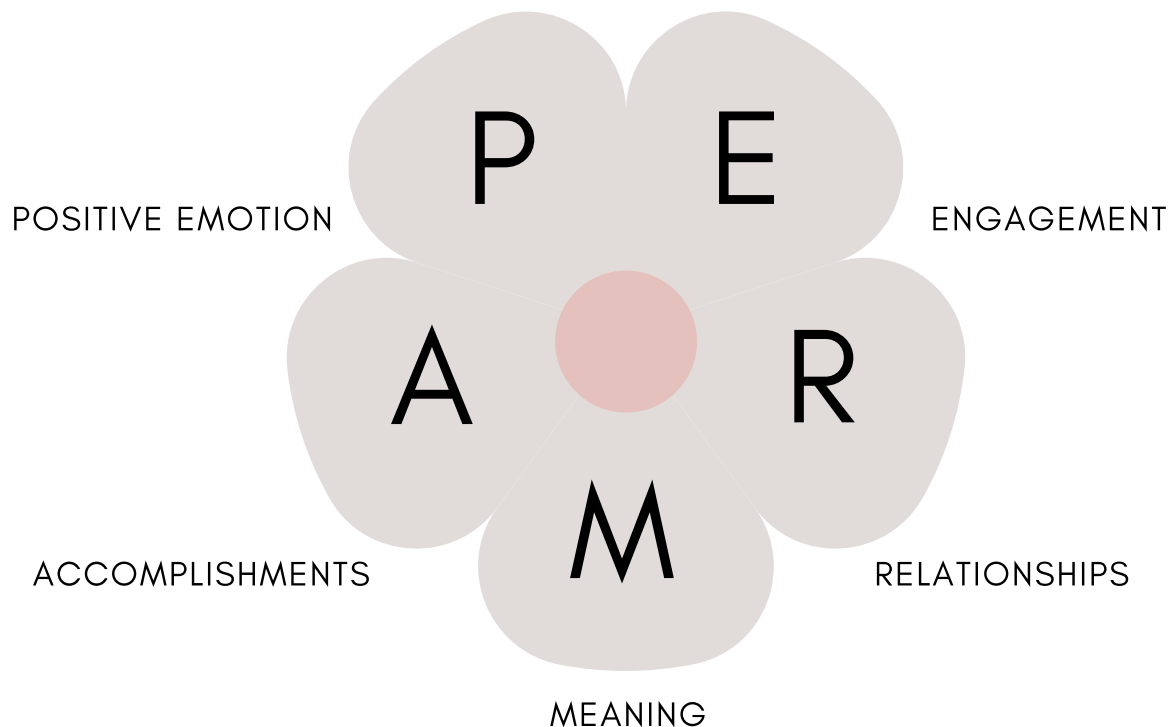
# Venn Diagram of *Purpose*

**The Venn Diagram of Purpose is a concept developed by Andres Zuzunaga.**

To discover your purpose, you first identify: what you love, what the world needs, what you can be paid for, and what you are good at. Your purpose can be found at the point at which these four elements converge in the Venn diagram.



# PERMA Model of *Well-Being*



P

## POSITIVE EMOTION

Positive emotions are feelings such as love, joy, hope, interest, compassion, pride, gratitude, and happiness.

E

## ENGAGEMENT

Engagement is being present, participating fully and focusing completely on a task.

R

## RELATIONSHIPS

Relationships include connections with partners, friends, family members, or other members of a community.

M

## MEANING

Meaning can be defined as belonging and having a purpose in life that brings a sense of value and worth.

A

## ACCOMPLISHMENTS

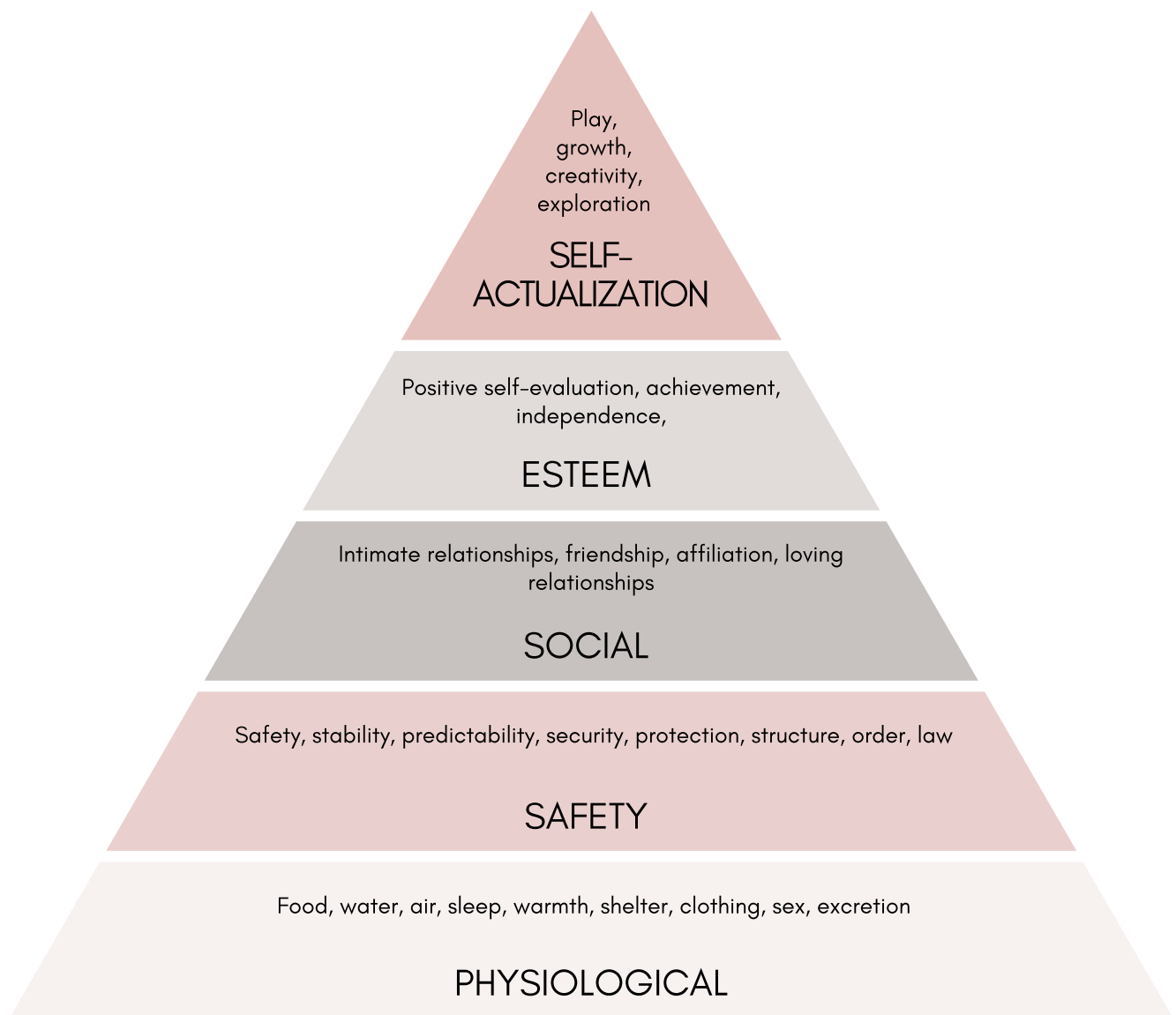
Accomplishment means reaching goals, achieving mastery, or achieving competence.

*Source: Seligman, 2012)*

# Maslow's Hierarchy of *Needs*

Maslow's hierarchy of needs is made up of a five-tier model of human needs, depicted as hierarchical levels within a pyramid.

Needs lower down in the hierarchy must be satisfied before individuals can attend to needs higher up.







The Wellness Wheel, developed by Bill Hettler, consists of eight areas: social, intellectual, emotional, occupational, environmental, financial, spiritual, and physical. All of these are interconnected and important for a balanced lifestyle.



**Social Wellness**

You are able to connect with and relate to other people in your life.



**Intellectual Wellness**

You're able to open your mind to new ideas and experiences.



**Emotional Wellness**

You understand your feelings and cope with every day challenges.



**Occupational Wellness**

You get personal fulfilment from your job, career or business.



**Environmental Wellness**

You understand your responsibility to the environment around you.



**Financial Wellness**

You feel balanced financially with a good relationship with money.



**Spiritual Wellness**

You're in touch with your spiritual side and have peace in your life.

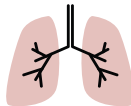


**Physical Wellness**

You maintain a healthy life with enough sleep and little stress.

# A to Z of Coping Skills

**A**  is for  
AFFIRMATIONS

**B**  is for  
BREATHING  
EXERCISES

**C**  is for  
CREATIVITY

**D**  is for  
DEFINE  
BOUNDARIES

**E**  is for  
EXERCISE

**F**  is for  
FORGIVE  
YOURSELF

**G**  is for  
GRATITUDE

**H**  is for  
HUG  
SOMEONE

**I**  is for  
IDENTIFY  
FEELINGS

**J**  is for  
JOURNAL  
WRITING

**K**  is for  
KNOW YOUR  
STRENGTHS

**L**  is for  
LISTEN TO  
MUSIC

**M**  is for  
MINDFULNESS

**N**  is for  
NATURE


**O**  is for  
OMIT TOXIC  
PEOPLE

**P**  is for  
PLAY WITH A  
PET

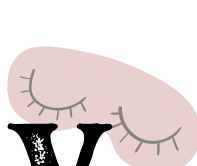
**Q**  is for  
QUIET YOUR  
MIND & MEDITATE

**R**  is for  
RELAXATION

**S**  is for  
SLEEP

**T**  is for  
TALK TO  
SOMEONE

**U**  is for  
URGE  
SURFING

**V**  is for  
VISUALIZATION

**W**  is for  
WARM WATER

**X**  is for  
EXIST ON A  
HEALTHY DIET

**Y**  is for  
YOGA

**Z**  is for  
ZONE OUT &  
TAKE A BREAK

# Self-Care *Menu*

Deep belly breathing .....	5 mins
Write three things you're grateful for .....	5 mins
Take a warm bath or shower .....	5 mins
Have some quiet time .....	10 mins
Tidy your space .....	10 mins
Get active - dance, run, walk .....	20 mins
Do something creative .....	30 mins
Stretch or do yoga .....	30 mins
Listen to music .....	30 mins
Put your phone down .....	60 mins
Take a nap .....	60 mins
Go outside for fresh air .....	60 mins

# Calming *Skills*

Breathe

Grounding Techniques

Mindfulness

Affirmations

Challenge Negative Thoughts

Visualization

Yoga

Connection

# Signs of *Stress*

CONSTANT  
WORRYING

TROUBLE  
SLEEPING

FEELING  
MOODY

FEELING  
HOPELESS

FEELING  
LONELY

MAKING  
DECISIONS  
DIFFICULT

HEADACHES

IRRITABILITY

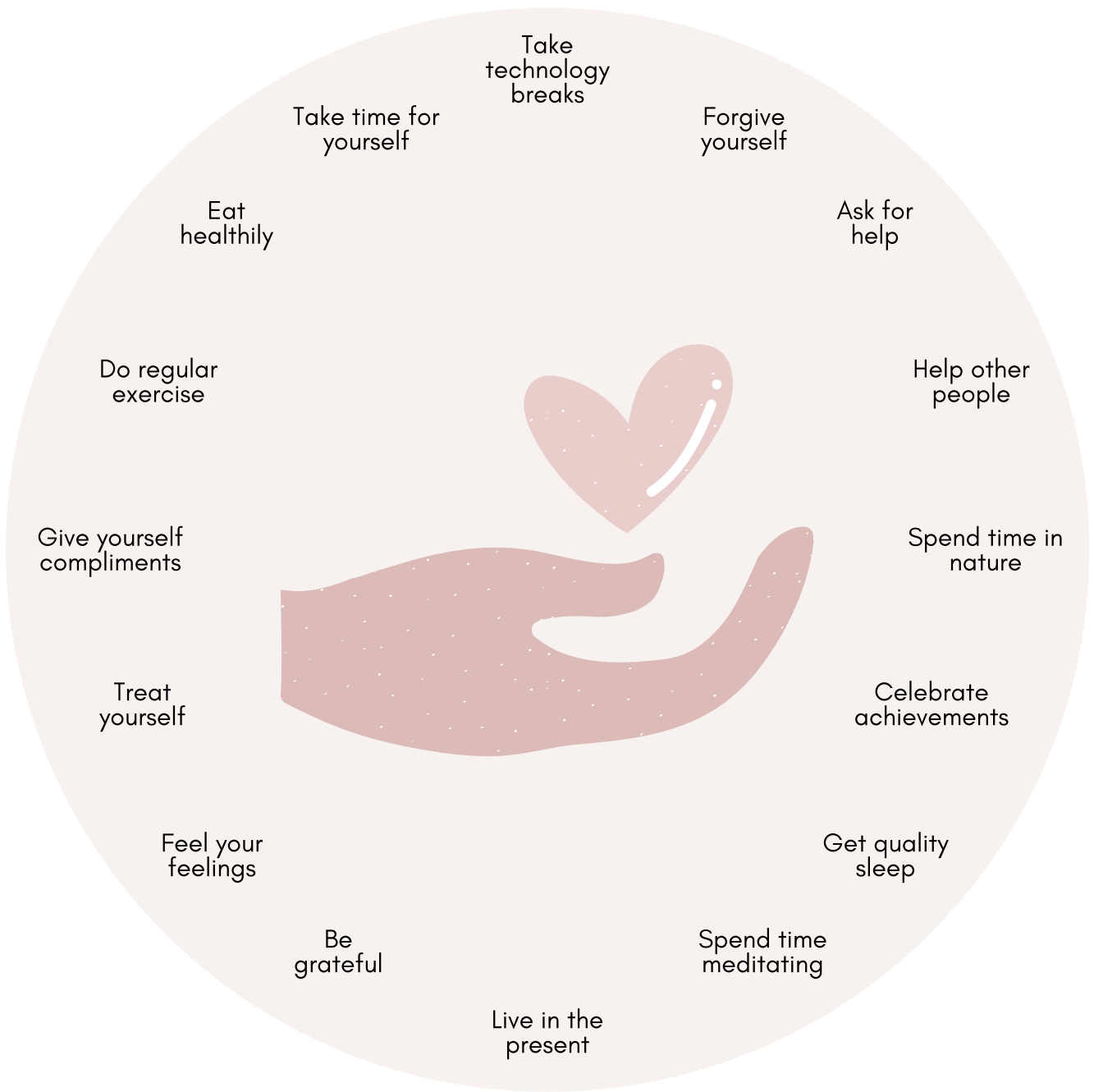
NAUSEA

FREQUENT  
INFECTIONS

SOCIAL  
WITHDRAWAL

CHANGES IN  
APPETITE

# How To Be Kind To *Yourself*





# CHALLENGE

## Negative Thoughts

Am I making assumptions and jumping to conclusions?

What is a more positive way to think about this?

What can I do to solve this problem?

What is a more helpful thought?

What would I say to a good friend?

Will I be worrying about this in a few months?

How could I look at this differently?



## **BREATHE**

Take a minute to focus on your breathing.

## **FEELINGS**

Ask yourself - how am I feeling today?

# Self Care Daily *Check-in*

## **BE GRATEFUL**

List the things for which you're thankful.

## **AFFIRMATIONS**

Take a moment to state some affirmations.

Set some time aside each day and devote it to self-care. Then notice the difference this practice makes to your life.

## **WANTS**

Identify what you want to accomplish today.

## **NEEDS**

Identify what your needs are for today.

Others forgiving me

My past choices

What other people think

How others react to me

Other people's honesty

World problems

What others do

Other people's opinions

How others respond

## THINGS I CAN CONTROL

The choices I make

Talking about my feelings

My values

My beliefs

How and what I eat

How much exercise I do

Who I follow

The effort I put in

How I talk to myself

Asking for help

How I treat myself

Learning from my mistakes

Saying what I need

How I set boundaries

How I feel about myself

How I care for others

## THINGS OUTSIDE OF MY CONTROL

What other people say

Other people's mistakes

Time

The future

The weather

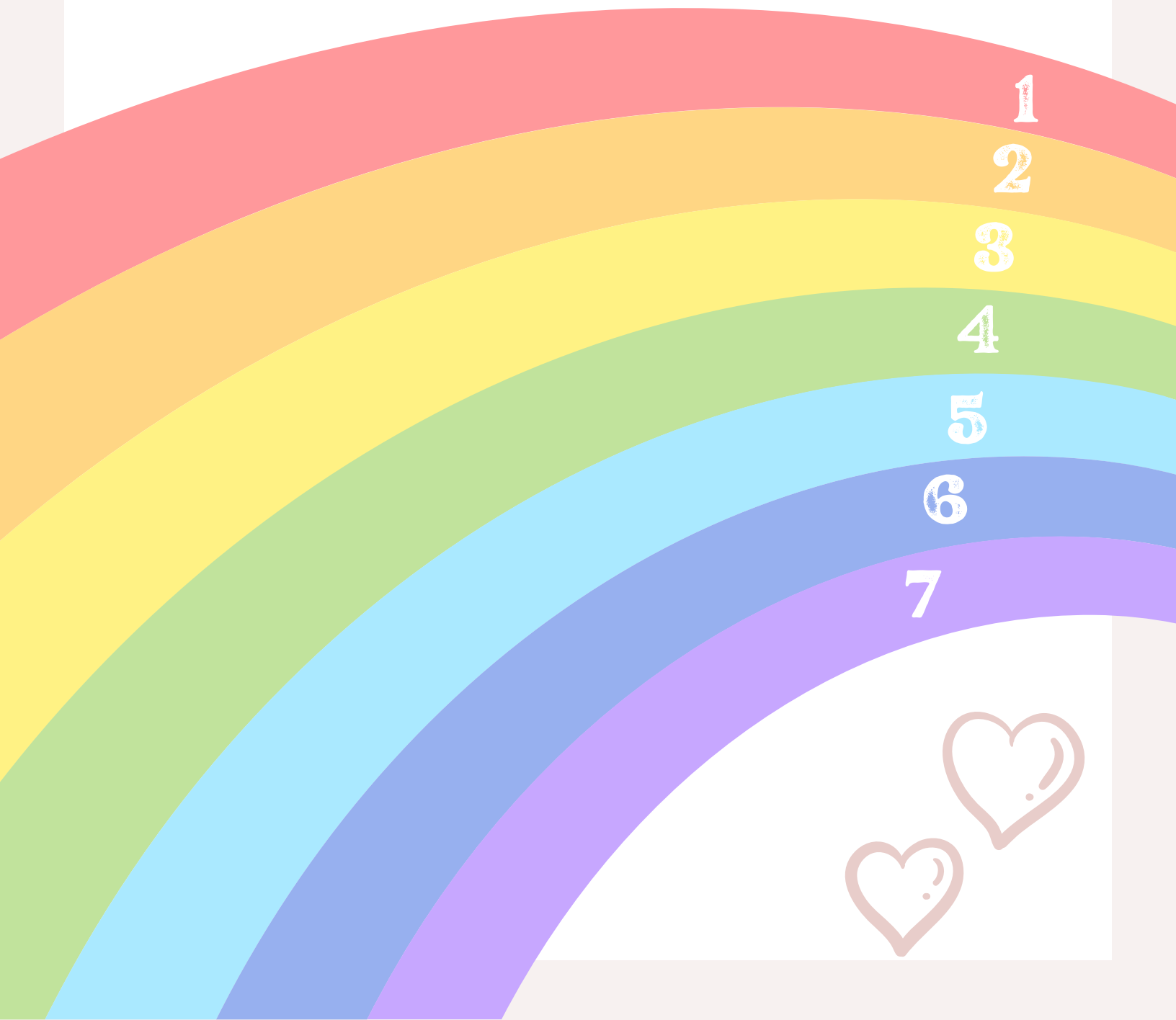
The news

The past

How my parents treated me

# RAINBOW GROUNDING

Look around you and find the colours of the rainbow in order.



# My Self Care *Routine*

## MORNING

gratitude  
affirmations  
journal writing  
shower  
breakfast

## DAILY

one task at a time  
be present and mindful  
drink water  
eat healthily  
exercise

## NIGHT

skin care routine  
warm bath or shower  
gratitude  
limit screen time

## COPING STRATEGIES

stretching or yoga  
meditation  
listen to music

do something creative  
read a book  
go for a walk outside

# Types of *Self-Care*

## **PHYSICAL SELF-CARE**

Taking care of our physical fitness and our bodies is a major part of self-care. This should be something you enjoy and look forward to such as going for a bike ride, eating healthily or exercising at the gym.

## **EMOTIONAL SELF-CARE**

Emotional self-care is about being in tune with your emotions. It involves learning about your triggers; recognizing emotions when they arise and knowing ways to cope with them.

## **SOCIAL SELF-CARE**

Social self-care means making connections with others such as spending time with family and friends, having conversations with people and engaging in activities with others.

## **INTELLECTUAL SELF-CARE**

Intellectual self-care means doing something that challenges your mind and grows your knowledge. Learning something new, reading or watching a documentary can all be forms of intellectual self-care.

## **SENSORY SELF-CARE**

Sensory self-care involves using your senses to nourish your mind and body and reduce stress. Examples are listening to music, lighting a scented candle, or eating a delicious treat.

## **SPIRITUAL SELF-CARE**

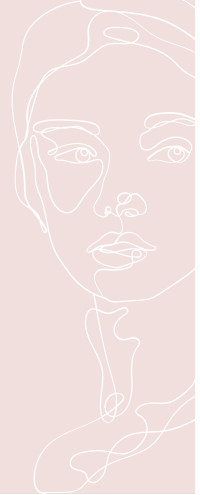
Spiritual self-care involves nourishing your soul and is not necessarily religious. It is about maintaining an inner peace and finding purpose and meaning in your life.



# Self-Care *Ideas*

## Mind

Start a compliments file with the nice things people say about you.  
Go cloud-watching. Lie on your back, relax, and watch the sky.  
Take another route to work.  
Pay complete attention to something you usually do on autopilot.  
Schedule in five minutes of play.  
Do a one-minute meditation with awareness of your thoughts and feelings.  
Do a mini-declutter of three things from your wardrobe.  
Unplug for an hour.



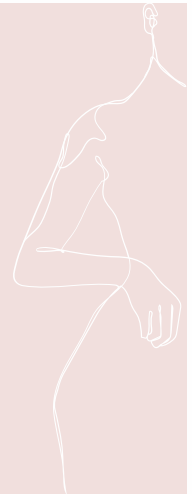
## Body

Give your body ten minutes of mindful attention.  
Breathe deeply into your abdomen, and puff out your chest and belly.  
Get down and boogie. Put on some music and dance.  
Do some yoga and stretch.  
Run or walk for a few minutes.  
Plan healthy breakfasts, lunches, and dinners for the week.  
Look lovingly and without judgment at yourself naked.  
Get some sun (using sunscreen if needed).



## Soul

Find five unexpected beautiful things on your way to work.  
Check in with your emotions. Sit quietly and name what you're feeling.  
Write out your thoughts in a journal.  
Write down 5 things you're grateful for.  
Make a connection and have a conversation with someone new.  
Treat yourself to a small luxury.  
Spend an hour alone doing something that nourishes you.  
Have a long bath or shower, sit around in your bathrobe, and read.



# Self-Care Cheat Sheet

**5**  
MINUTES

- Deep breathing
- Paint your nails
- Read a magazine
- Sit in the sun
- Do nothing
- Lie down
- Have a shower
- Breathe deeply

**10**  
MINUTES

- Go for a walk
- Read a chapter of a book
- Meditate
- Write in your journal
- Write 5 things you're grateful for
- Get down and boogie
- Go cloud watching
- Eat a healthy snack

**30**  
MINUTES

- Do some yoga
- Have a bath
- Meditate
- Go for a walk
- Call a friend
- Listen to some music
- Watch a TV show
- Watch a documentary

**60**  
MINUTES

- Go for a run
- Go for a coffee with a friend
- Go out for lunch
- Take a nap
- Go to the gym
- Go for a swim
- Unplug from technology
- Do a declutter