




# *Savvy Secrets of Self-care*

With Phillipa A. Dean

## A Quick and Easy Guide to Self-care



**Everything** you need to know about self-care on a busy schedule and a budget.

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## 2 MISTAKES TO AVOID WHEN CONSIDERING SELF-CARE

### #1 The notion that self-care is SELFISH

- ✓ Self-care is unselfish. It's intentionally attending to your own mental, emotional, physical, and spiritual needs.
- ✓ Self-care is unselfish when your motive is to rest, reflect, and replenish.
- ✓ Self-care is an unselfish act because you cannot give of yourself when you've not given to yourself.

### #2 The notion that self-care is the SAME for everyone

- ✓ It requires a continual assessment of your needs.
- ✓ Customize your self-care routine to meet your personal needs.
- ✓ Conduct regular self-check-ins.

## 13 THINGS SELF-CARE IS NOT:

1. Just another activity on your schedule
2. An option
3. A performance or competition
4. The same as pampering or self-indulgence
5. Always expensive
6. Always time consuming
7. Anything that soothes you
8. A product
9. Selfish
10. Just for women
11. The same for everyone
12. An excuse not to help others
13. An avoidance tactic for something you fear or makes you uncomfortable

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## 10 SIGNS THAT YOU NEED SELF-CARE:

1. Feeling physically drained/burned out/fatigue
2. Frustrated
3. Cranky
4. Needy
5. Overwhelmed
6. Physically ill
7. Stressed
8. Anxious
9. Sad/depressed
10. Unhealthy habits (i.e. substance abuse, self-harm, eating disorder, aggression)

\*\*Should any of these symptoms persistent or interfere with your daily function and relationships, contact your health professional, therapist, or coach.

## SELF-CARE CHECK-IN AND ASSESSMENT

### SELF-CARE CHECK-IN: Become aware of how you feel:

1. Lately my body has been feeling \_\_\_\_\_
2. Lately my mind has been feeling \_\_\_\_\_
3. Lately my emotions have been \_\_\_\_\_
4. Lately my spirit has been \_\_\_\_\_

### SELF-CARE ASSESSMENT: What are my needs?

1. Have I been putting others needs before my own?
2. Have I been having a hard time saying no to requests that I don't have the time, energy, or interest in doing?
3. Has carrying out my schedule or things-to-do list left me feeling emotionally, mentally, physically or financially drained?
4. What area(s) of my life is consuming most of my time, energy, and focus?  
\_\_\_\_\_
5. What area of my life is most deprived of my time, energy, and focus?  
\_\_\_\_\_

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## EVERYTHING YOU NEED TO KNOW ABOUT SELF-CARE

Area of Self-care	Methods of Self-care	Benefits of Self-care
<b>Mental Self-care</b>	<ul style="list-style-type: none"> <li>Counseling/therapy</li> <li>Coaching</li> <li>Decluttering</li> <li>Deep breathing</li> <li>Delegating responsibilities</li> <li>Establishing boundaries</li> <li>Exercising/stretching</li> <li>Healthy eating</li> <li>Journaling</li> <li>Organizing</li> <li>Scheduling counselor/therapist</li> <li>Taking medication as prescribed</li> </ul>	<ul style="list-style-type: none"> <li>Stress reduction</li> <li>Self-awareness</li> <li>Healthy relationships connections</li> <li>Increased function/performance</li> <li>Improvement in communication and interpersonal skills</li> <li>Greater self-acceptance</li> <li>Increased self-esteem</li> <li>Improved self-expression and management of emotions</li> <li>Relief from depression, anxiety, and other mental health conditions</li> <li>Clarity</li> </ul>
<b>Emotional Self-care</b>	<ul style="list-style-type: none"> <li>Aroma therapy</li> <li>Be kind/be grateful</li> <li>Deep breathing</li> <li>Establishing boundaries/ say NO</li> <li>Exercising/stretching</li> <li>Forgive</li> <li>Get a pet</li> <li>Go outdoors</li> <li>Healthy eating</li> <li>Indulging in food, movie</li> <li>Journaling</li> <li>Mindfulness</li> <li>Music therapy</li> <li>Quality time with loved ones/pets</li> <li>Reading</li> <li>Relaxing bath</li> <li>Seeing a counselor/therapist</li> <li>Spa treatment</li> <li>Taking a break from social media</li> <li>Doodle/Draw/Paint</li> </ul>	<ul style="list-style-type: none"> <li>Calm</li> <li>Stress reduction</li> <li>Self-awareness</li> <li>Self-esteem</li> <li>Healthy relationships connections</li> <li>Increase function/performance</li> <li>Take vacation/professional days</li> <li>Reduction in anxiety</li> <li>Improved moods</li> <li>Clearer thinking</li> <li>A greater sense of calm or inner peace</li> <li>Increased self-esteem</li> <li>Reduced risk of depression</li> <li>Improvements in relationships</li> </ul> <p><a href="https://www.facebook.com/PhillipaDeansList">https://www.facebook.com/PhillipaDeansList</a></p>

<b>Physical Self-care</b>	<ul style="list-style-type: none"> <li>Deep breathing</li> <li>Exercise/stretching</li> <li>Healthy eating</li> <li>Hydrate</li> <li>Massage</li> <li>Physical therapist</li> <li>Sleep</li> <li>Take medication as prescribed</li> <li>Take vitamin supplements</li> </ul>	<ul style="list-style-type: none"> <li>Stress reduction</li> <li>Increase function/performance</li> <li>Increased health</li> <li>Energy</li> <li>Mental clarity</li> <li>Sharper memory</li> <li>Clarity in thinking</li> <li>Higher self-esteem</li> <li>Better sleep</li> <li>Increased energy</li> <li>Stronger resilience</li> </ul>
<b>Spiritual Self-care</b>	<ul style="list-style-type: none"> <li>Meditation</li> <li>Attending a religious service</li> <li>Praying</li> <li>Fellowship</li> </ul>	<ul style="list-style-type: none"> <li>Deeper sense of life's meaning</li> <li>Divine connection</li> <li>Social Connection/Support</li> <li>Self-Confidence</li> <li>Peace of mind</li> <li>Security</li> <li>Stress Reduction</li> <li>Purpose</li> <li>Guidance/Direction</li> <li>More balanced life</li> </ul>

**Self-care methods your budget will thank you for!**

<ul style="list-style-type: none"> <li>Attending a religious service</li> <li>Be kind/be grateful/forgive</li> <li>De-cluttering</li> <li>Deep breathing</li> <li>Delegate responsibilities</li> <li>Doodling/Drawing/Painting</li> <li>Establishing boundaries/saying NO</li> <li>Exercise/stretching</li> <li>Go outdoors</li> <li>Healthy eating</li> <li>Hydrating</li> <li>Journaling</li> </ul>	<ul style="list-style-type: none"> <li>Mindfulness/Meditation</li> <li>Music therapy</li> <li>Organize</li> <li>Praying</li> <li>Quality time with loved ones/pets</li> <li>Reading</li> <li>Relaxing bath</li> <li>Sleeping</li> <li>Taking a break from social media</li> </ul>
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## Extra Savvy Secrets:

1. Self-care methods work best when accompanied with meditation or reflection.
2. Be creative with where and when you practice self-care methods :

<b>WHERE</b>	<b>WHEN</b>
In car/bus/train/plane	On a commute
Grocery store	Lunch break
Shower	Long lines
Work station	Before bed

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