



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

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

Self-care methods your budget will thank you for!

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

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

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