



MYND

WORKBOOK

A Guide to Self-care

This workbook is designed to help you understand self-care better.

Written by
Jonathan Riley



Welcome to MYND Practice

Hi There!

MYND Practice was founded to help our emotionally crippled society heal by providing compassion, communication, and a sense of belonging. We are dedicated to social change that helps bring about initiatives that better people's lives.

MYND Practice believes it can make a difference in the way society approaches mental health, helping to create a more stable, happier, and fulfilled society.

MYND Practice has been dedicated to fulfilling its mission of inspiring and giving people hope by assisting them in making positive changes in their health, relationships, businesses, and finances.

Counselling isn't just about making a bad life good, but making a good life great. It's about building a brighter future for yourself and your loved ones. Our single focus is helping you achieve what's most important to you.

Jonathan Riley

MYND PRACTICE FOUNDER

Hi, I'm Jonathan Riley. I have dedicated my life to the field of mental health as a writer, educator, counsellor, and speaker.

No matter where you are on life's journey, you are welcome here.





Introduction

Self-care is a lifelong endeavour.

The purpose of this workbook is to help you create a self-care plan for your personal growth. While the workbook may be helpful, you can also see a therapist or counsellor who can help you make much faster progress with your self-care.

There are a number of things that are vital in supporting your self-care.

These include developing a vision of where you want to be and planning how you are going to get there. This workbook is a tool to help you map out what you want to change so you can actually make it happen.

Best regards,

Jonathan Riley



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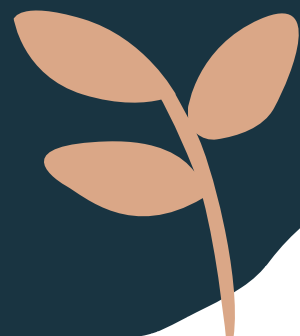
Activities that you have identified as important to your well-being.

My Practice Counselling

Let's Get Started

Live One Day at a Time, You'll get there

MYND



MY PRACTICE COUNSELLING

What is Self-care



Self-care is not an “emergency response plan” to be activated when stress becomes overwhelming. Instead, it is an intentional way of living by our values, attitudes, and actions and integrating them into our day-to-day routines.

When life is busy and stressful, self-care is often the first thing to go, and people often believe that taking time for themselves is selfish. However, caring for your own well-being can help you get through difficult times and allow you to better care for others.

Self-care activities are actions we take to maintain our mental, emotional, and physical health. Research has shown that self-care has been found to increase empathy, immunologic functioning, and has been associated with lower levels of anxiety and depression. Making changes to prioritise self-care can help to manage mental health issues and might even prevent them from getting worse.

Why is Self-care important?

Self-care is taking steps to tend to your physical and emotional health needs to the best of your ability.

We live in a society where long hours are the norm, and with that comes the expectation that we are always productive, which can leave little time for rest and relaxation. Neglecting self-care can have serious financial and personal consequences, such as decreased productivity at work, difficulty handling daily responsibilities, and strained relationships at home.

However, if you give yourself time to relax and focus on your own needs, you may find that you are able to cope better with the stresses of daily life and return to a state of optimal health, where your productivity is once again at its highest. Self-care has been clinically proven to reduce anxiety and depression, stress, improve concentration, reduce frustration and anger, increase happiness, and increase energy.





Self-care Quiz

There are no right or wrong answers to these questions, and some of them may require a bit of thought. Take your time and answer each question to the best of your ability based on your self-care practices right now.

- | | Yes | S | No |
|---|--------------------------|--------------------------|--------------------------|
| 1. Do you feel sad or generally unhappy? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you feel overwhelmed and anxious? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you feel irritable or short tempered? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you get enough sleep and feel rested? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have trouble relaxing? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you have trouble making good decisions? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you drink or use drugs to "feel better"? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Have you been eating too much or too little? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Are you happy with your physical fitness? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you engage in activities that bring you joy? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

What did you learn about yourself?





Practicing Self-care

Self-care encompasses all the things we do on a regular basis to look after ourselves and ensure that we continue to be physically and mentally healthy. By incorporating self-care activities, like going for a walk or socialising with friends, into your regular routine, you give your body and mind time to rest, reset, and rejuvenate, thereby preventing or alleviating the negative effects of stress and anxiety.

Taking care of yourself by getting enough sleep, eating healthy, and getting some exercise will allow you to be more productive and better able to handle the stresses of daily life. You can boost your productivity and resilience to stress by incorporating more balance into your daily life.

Self-Care Tips

Remember that self-care is all about you.

What works for one person may not work for another. Try out different methods of self-care until you find what works best for you. Self-care is most effective when it is done on a regular basis and with a clear goal in mind.

Self-care is essential, and even if you can only spare five minutes a few times a day, that's better than nothing. Even if you are just getting started, you can expect to see results almost immediately.

Start by choosing one self-care practice per week to weave into your daily routine. Observe any positive changes and add in more when you feel ready.





Self-care means taking time to do things you enjoy

Self-care involves everyday activities that you find relaxing, fun, or energizing. These activities could be as simple as reading a book, or as big as taking a vacation.

Self-care also means taking care of yourself

This means eating regular meals, getting enough sleep, caring for personal hygiene, and anything else that maintains good health.



Make self-care a priority

There will always be other things to do, but don't let these interrupt the time you set aside for self-care. Self-care should be given the same importance as other responsibilities.



Set specific self-care goals

It's difficult to follow through with vague goals, such as "I will take more time for self-care". Instead, try something specific, such as "I will walk for 30 minutes every evening after dinner".



Make self-care a habit

Just like eating one apple doesn't eliminate health problems, using self-care just once won't have much effect on reducing stress. Choose activities that you can do often and will stick with.



Set boundaries to protect your self-care

You don't need a major obligation to say "no" to others— your self-care is reason enough. Remind yourself that your needs are as important as anyone else's.

Unhealthy activities don't count as self-care

Substance use, over-eating, and other unhealthy behaviours might hide uncomfortable emotions temporarily, but they cause more problems in the long run.



Keep up with self-care, even when you're feeling good

Doing so will keep you in a healthy routine. Plus, self-care might be part of the reason why you're feeling good!

Self-care Plan

GOALS FOR MY MIND

- ▶
- ▶
- ▶
- ▶

GOALS FOR MY BODY

- ▶
- ▶
- ▶
- ▶

GOOD RULES & HABITS I WANT TO LIVE BY

● MIND

Mental health
Mindfulness and self knowledge

Soul
Stimulation and fulfillment

● BODY

Self-care
Basic hygiene and body care

Improvement
Exercise, sleep and healthy food

Self-care Checklist

Stay on top of your daily self-care routine with this daily self-care checklist.

- GET ENOUGH SLEEP
- EAT VEGETABLES AND FRUITS
- WEAR CLOTHES THAT MAKE YOU FEEL GOOD
- TAKE A WALK OUTSIDE
- TAKE A NAP WHEN YOU NEED IT
- LISTEN TO MUSIC THAT MAKES YOU HAPPY
- SET BOUNDARIES WITH TOXIC PEOPLE
- DECLUTTER YOUR DESK AND HOME REGULARLY
- TAKE BREAKS FROM TECHNOLOGY AND SOCIAL MEDIA
- BE COMPASSIONATE WITH YOURSELF
- ASK FOR HELP WHEN YOU NEED IT
- MAKE TIME FOR A HOBBY EACH WEEK
- GET A CHECKUP FROM YOUR DOCTOR
- MEDITATE AND JOURNAL REGULARLY
- SPEND QUALITY TIME WITH A FRIEND
- READ A BOOK
- MOVE YOUR BODY - WORKOUT, DANCE, ETC.
- TAKE A MINI-VACATION
- SAY "NO" TO EXTRA RESPONSIBILITIES
- MAKE TIME TO REFLECT ON YOUR LIFE

THANK YOU!

We're so grateful to have you as a customer, and we hope you love what you're getting. Get in touch with us if there is anything else we can do for you.

“Knowing yourself is the beginning of all wisdom” — Aristotle

Jonathan Riley

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