



*CelestiElle Coaching*

# **SELF-CARE** WORKBOOK

*A Practical Guide to Cultivating  
Health, Happiness, and Wellbeing*

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# 01

## Introduction

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Welcome to this self-care workbook, a guide designed to help you prioritise your mental and emotional well-being. In today's fast-paced world, it's easy to become overwhelmed and neglect self-care. However, taking care of yourself is crucial to maintaining a healthy and balanced life.

This workbook is divided into sections that will guide you through identifying your current stress levels, setting goals for better self-care, creating and maintaining daily self-care routines, practicing mindfulness techniques, checking in with yourself regularly, and practicing gratitude.

Through a series of prompts and exercises, you will learn how to develop a self-care routine that works for you and empowers you to take control of your life. Whether you are new to self-care or have been practicing it for a while, this workbook will provide you with the tools you need to achieve a more fulfilling and healthy life.



Remember, taking care of yourself is not a selfish act, but rather an act of self-love and self-preservation. You deserve to feel happy, healthy, and fulfilled. Let's begin this journey towards better self-care together.

**I hope you find this workbook to be a helpful and empowering tool in your self-care journey. Remember, taking care of yourself is not selfish, it's essential. Let's get started!**

welcome



**Hello and welcome to the Self-Care Workbook!**

*I'm Elle, a certified life coach, mind-body practitioner and self-care expert at CellestiElle Coaching. I created this workbook to help you prioritise your wellbeing and cultivate a greater sense of balance and fulfilment in your life.*

*Through years of studying and researching self-care strategies, I've seen the transformative power of self-care in countless individuals struggling with stress and burnout. This workbook provides practical guidance and support for those looking to make positive changes in their lives.*

*Thank you for investing in your own self-care journey. I'm honoured to be a part of it and look forward to supporting you.*

Elle

LIFE COACH & MIND-BODY  
PRACTITIONER





“

*"Self-care is not selfish. You cannot serve from an empty vessel."*

*-Eleanor Brown*

# 02

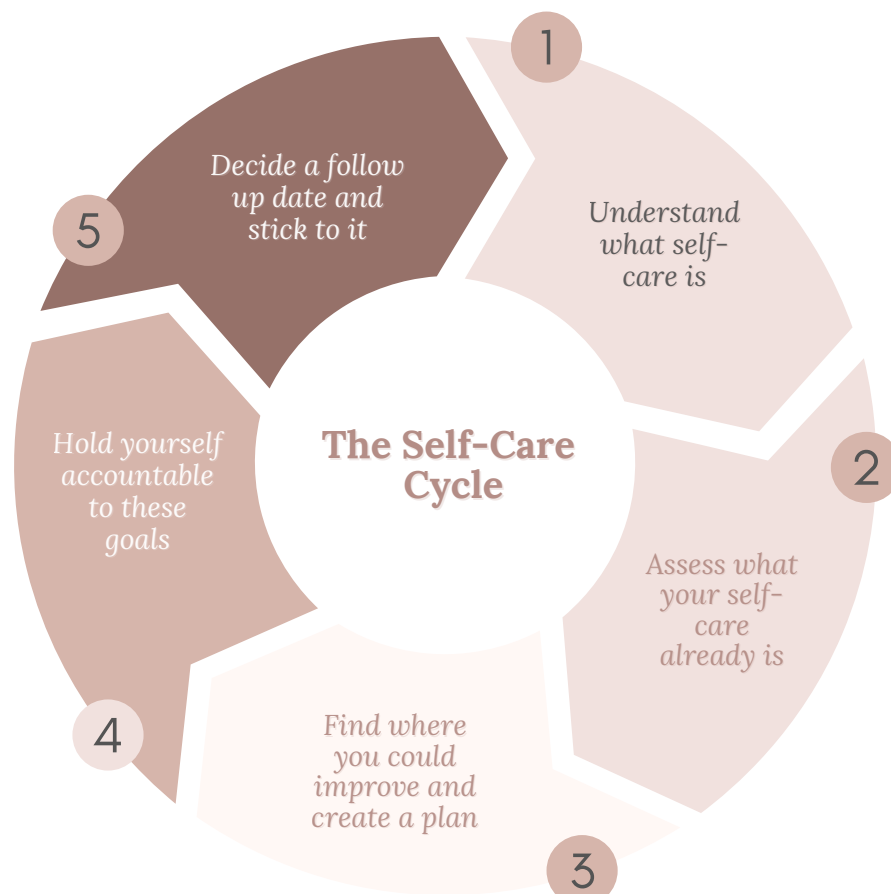
## Understanding Self-Care

Self-care is the practice of taking deliberate actions to promote and maintain our own physical, emotional, and mental health. It includes a wide range of activities, such as exercise, healthy eating, rest and relaxation, spending time with loved ones, pursuing hobbies and interests, and seeking professional support when needed.

The key to effective self-care is to identify the activities that work best for you and make them a regular part of your routine.

By following the five steps in the self-care cycle, we can identify the areas of our lives that need attention, develop a plan for self-improvement, and take action to improve our overall well-being.

Regularly checking in with ourselves and being accountable for our self-care practices can help us maintain a positive and healthy relationship with ourselves, improve our resilience to stress, and lead to greater overall satisfaction in our lives.



# The Different Types of Self-Care

There are many different types of self-care that you can practice, and each one plays an important role in promoting your overall wellbeing.

**Here are some examples:**



Activities that promote physical health and wellbeing, such as any sort of physical exercise, healthy eating, ensuring that you are getting enough sleep, and practicing good hygiene.



Activities that promote emotional health and wellbeing, such as practicing mindfulness, journaling, talking to a trusted friend or therapist, and engaging in activities that bring you joy.



Activities that promote mental health and wellbeing, such as learning new skills, engaging in intellectual pursuits, challenging negative thought patterns, and seeking support when needed.



Activities that promote social connection and wellbeing, such as spending time with loved ones, volunteering, joining a group or club, and participating in community events.

Self-care is essential for overall wellbeing. Physical self-care focuses on physical health, emotional self-care focuses on emotional health, mental self-care focuses on mental health, and social self-care focuses on social connections. Engaging in various self-care activities promotes balance and fulfilment in life.



# The Benefits of Practicing Self-Care:



## Reduced stress and anxiety

Practicing self-care techniques have been proven to reduce stress and anxiety levels, which can lead to improved physical and emotional wellbeing.



## Improved physical health

Engaging in physical self-care activities, such as exercise and healthy eating, can lead to improved physical health and a reduced risk of chronic illness.



## Greater self-awareness and self-esteem

Practicing self-care can help individuals to better understand their personal needs and values, and can lead to increased self-esteem and self-confidence.



## Improved relationships with others

Nurturing positive relationships with those around you is an important part of self-care, and can lead to greater social support and improved relationships.



## Increased creativity and productivity

By taking time for self-care and relaxation, individuals can thoroughly recharge their batteries and improve their creativity and productivity levels.



## Greater overall satisfaction with life

By prioritising self-care and practicing healthy habits, individuals can experience greater overall satisfaction and fulfilment in their lives.

In the next chapter, we'll explore how to identify your unique self-care needs and develop a plan for incorporating self-care activities into your daily routine.

# 03

## Self-Assessment

---

*Self-assessment is a critical tool in helping individuals identify their current levels of well-being. It enables us to evaluate our mental, emotional, and physical health objectively, which is the first step towards developing a comprehensive self-care plan.*

*By taking a step back and honestly assessing our current state of well-being, we can identify areas where we need improvement and prioritise self-care activities that can benefit us the most. Self-assessment also helps us recognise patterns in our behaviour, thoughts, and emotions, which can be useful in identifying triggers for stress, anxiety, and other negative emotions.*

*Overall, self-assessment is an essential component of self-care that allows us to take control of our well-being and live a more fulfilling and balanced life.*



# Tool 1: My Self-Care Self Assessment

The self-care assessment worksheet provided below is not comprehensive but suggestive. You can add any relevant areas of self-care and evaluate yourself based on how frequently and effectively you're taking care of yourself presently.

Rate the following areas according to how well you think you are doing:

0	I never do this	1	I barely do this	2	I do this ok	3	I do this well
---	-----------------	---	------------------	---	--------------	---	----------------

Physical Self-Care	0	1	2	3
<i>Eat nutritious and balanced meals regularly</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Consciously make healthy eating choices</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Engage in physical exercise</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Attend regular medical check-ups for preventive care</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Seek medical care when needed</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Allow yourself time off to rest and recover when sick</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Receive massages to relax and rejuvenate</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Participate in enjoyable physical activities</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Make time for sexual activities, whether with a partner or alone</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Prioritise getting enough sleep to recharge your body and mind</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Wear clothing that makes you feel comfortable and confident</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Take holidays to rest, recharge, and experience new things</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychological Self-Care	0	1	2	3
<i>Take day trips or holidays to break up your routine</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Set aside time away from phones, email, and the internet</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Prioritise self-reflection</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Pay attention to your inner experience</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Engage in personal psychotherapy if needed</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Write in a journal to process your thoughts and emotions</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

0 I never do this

1 I barely do this

2 I do this ok

3 I do this well

Psychological Self-Care (cont.)

0 | 1 | 2 | 3

*Read literature for pleasure, unrelated to work*

*Engage in an activity in which you are not an expert or in charge*

*Minimise stress in your life as much as possible*

*Expand your knowledge and curiosity by attending events*

*Embrace curiosity as a mindset for learning and exploration*

Emotional Self-Care

0 | 1 | 2 | 3

*Spend time with people whose company you enjoy*

*Stay in touch with important people in your life*

*Practice self-affirmation and self-praise*

*Cultivate self-love*

*Revisit favorite books or movies for comfort*

*Seek out activities, objects, people, or places that bring comfort*

*Allow yourself to express emotions by crying when needed*

*Seek out sources of laughter and joy*

Spiritual Self-Care

0 | 1 | 2 | 3

*Make time for self-reflection*

*Spend time in nature to connect with the environment*

*Cultivate a spiritual connection that aligns with your beliefs*

*Remain open to inspiration from various sources*

*Nurture your optimism and hope for the future*

*Identify what's meaningful to you & prioritize its place in your life*

*Practice meditation to promote inner calm and focus*

*Engage in prayer as a form of spiritual practice*

*Sing to express yourself creatively and emotionally*

*Seek out experiences that evoke feelings of awe and wonder*

*Contribute to causes that align with your values and beliefs*

*Read inspirational literature or listen to uplifting talks, music etc.*

0 I never do this

1 I barely do this

2 I do this ok

3 I do this well

Relationship Self-Care

0 | 1 | 2 | 3

*Schedule regular dates with your partner/spouse*

*Schedule regular activities with your children*

*Prioritise spending time with friends*

*Stay in touch with and check on your relatives*

*Spend time with your companion animals*

*Keep in touch with faraway friends*

*Make time to reply to personal emails and letters*

*Allow others to help when needed*

*Expand your social circle*

*Practice asking for help*

*Share with someone you trust*

Workplace or Professional Self-Care

0 | 1 | 2 | 3

*Take breaks during the workday*

*Chat with co-workers to foster social connections*

*Set aside quiet time to complete tasks*

*Identify exciting and rewarding projects or tasks*

*Set limits with clients and colleagues*

*Balance your caseload to avoid feeling overwhelmed*

*Create a comfortable and productive workspace*

Workplace or Professional Self-Care (cont.)

0 | 1 | 2 | 3

*Get regular supervision or consultation for support and feedback*

*Advocate for your needs*

*Join a peer support group*

*Develop a non-trauma area of professional interest (if relevant)*

0 I never do this

1 I barely do this

2 I do this ok

3 I do this well

Overall Balance

0 | 1 | 2 | 3

*Strive for balance within your work-life and workday to avoid overworking and burnout*

*Strive for balance among work, family, relationships, play, and rest to promote overall well-being and happiness*

## What Next?

*After completing the assessment, analyse your responses for any recurring patterns. Do you tend to prioritise certain self-care practices while neglecting others? Are there specific items on the list that you find unappealing or unsuitable for yourself? Pay attention to your inner responses and thoughts about self-care and prioritising yourself. Make note of any self-care practices that you'd like to incorporate more into your daily routine.*



# 04

## Creating a Self-Care Plan

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*Creating and maintaining a self-care routines are essential for individuals who want to prioritise their mental, emotional, and physical health.*

*In today's fast-paced and often stressful world, it can be challenging to find time for self-care activities, but making it a regular part of our daily routine can provide numerous benefits.*

*A self-care routine can help us manage stress, improve our mood, boost our energy levels, and promote better overall health and well-being.*

*By creating a consistent self-care routine, we are also sending ourselves the message that our health and well-being are a priority, which can boost our self-esteem and sense of self-worth.*

*Ultimately, maintaining a self-care routine can help us live a more fulfilling and balanced life.*



## Tool 2: My Self-Care Plan

Now that you've identified your self-care needs, it's time to develop a plan for incorporating self-care activities into your daily routine. Complete these following steps in order to create a self-care plan that works for you:

### Identify your current self-care practices

#### Step 1.

Write down all the activities that you currently do to take care of yourself. These may include things like taking a bath, going for a walk, meditating, or reading a book.

### Identify your self-care needs

#### Step 2.

Think about the areas of your life that could use some attention and care. These may be physical health, emotional well-being, relationships, work/life balance, or spirituality.



### Brainstorm self-care activities

## Step 3.

*Make a list of all the self-care activities that you would like to try in each of the areas of your life that you identified in step 2. Do not worry about whether or not you've ever done any of these activities before, just focus on writing down absolutely anything that comes to mind.*

--

## Step 4.

*Take a look at the list you created in step 3 and prioritise the activities that you feel will have the biggest impact on your overall well-being. Consider which activities you enjoy the most & which ones will be most beneficial.*

### Prioritize your self-care activities

1	
2	
3	
4	
5	
6	

## Step 5.

Using the activities you prioritised in step 4, it is now time to create your plan for how you will incorporate them into your daily or weekly routine. Be specific about when, where, and how you will engage in each activity.

Self-Care Activity:		
When?	Where?	How Often?

Self-Care Activity:		
When?	Where?	How Often?

Self-Care Activity:		
When?	Where?	How Often?

Self-Care Activity:		
When?	Where?	How Often?

Self-Care Activity:

When?

Where?

How Often?

Self-Care Activity:

When?

Where?

How Often?

My self-care plan commitment:

## Step 6.

*Make a commitment to yourself to stick to your self-care plan. Remember that self-care is not selfish, it is essential to your overall well-being.*

## Step 7. Evaluate and adjust your plan

*Regularly evaluate your self-care plan to see if it is working for you. If there are activities that you are not enjoying or that are not having the desired effect, adjust your plan accordingly.*

# Tool 3: Self-Care Tracker

Keeping track of your self-care activities can help you stay on track and achieve your goals. Use this worksheet to create a daily self-care tracker that includes a variety of self-care practices. You can customise this tracker to meet your unique needs and preferences.

SELF-CARE ACTIVITY	M	T	W	T	F	S	S
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Self-Care Tips:

- Start with just a few self-care practices and add more as you become more comfortable with the process.
- Review your checklist at the end of each day or week and reflect on your progress, and adapt your self-care routine as needed based on your needs.
- Be specific and measurable when setting goals for each self-care practice, such as exercising for 30 minutes or meditating for 10 minutes.
- Use positive reinforcement, such as rewarding yourself when you complete your checklist each day or week.

# 05

## Self-Care Techniques

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*There exists a wide array of self-care practices, and each one serves a significant purpose in enhancing our overall well-being. The diversity of self-care techniques allows us to tailor our routines to our unique needs, preferences, and lifestyles. By exploring and experimenting with various forms of self-care, we can discover what works best for us and incorporate them into our daily lives. Whether it is practicing mindfulness, engaging in physical activity, or indulging in a favourite hobby, there are numerous self-care strategies available that can help us maintain our mental, emotional, and physical health.*





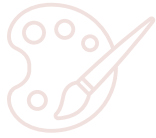
## Exercise

*Regular physical activity has many benefits, including reducing stress and anxiety, improving mood, and promoting overall physical health. Consider incorporating activities like walking, yoga, or strength training into your daily routine.*



## Mindfulness

*Mindfulness is a practice of paying attention to the present moment without judgment. This can include practices like meditation, deep breathing, or simply taking a few moments to tune into your senses and surroundings.*



## Creative Expression

*Engaging in creative activities like painting, writing, or playing music can be a powerful form of self-care. These activities can help to reduce stress and anxiety, improve mood, and foster a sense of accomplishment and fulfilment.*



## Time in Nature

*Spending time in nature has been shown to have many benefits for physical and mental health, including reducing stress and improving mood. Consider taking a walk in the park, hiking a nature trail, or simply sitting outside and enjoying the beauty of the natural world.*



## Healthy Eating

*Eating a balanced and nutritious diet is an important part of self-care. This can include incorporating plenty of fruits, vegetables, whole grains, and lean protein into your meals, and limiting processed and sugary foods.*



## Quality Sleep

*Getting enough sleep is essential for physical and mental wellbeing. Consider establishing a consistent sleep routine and creating a sleep-friendly environment by reducing noise and light in your bedroom.*





## Social Connection

*Building and maintaining positive relationships with others is an important part of self-care. Consider reaching out to friends or family members, joining a social group or club, or volunteering in your community.*



*These are just a few examples of self-care techniques that you can use to promote your overall wellbeing. By incorporating these activities into your daily routine, you can reduce stress, improve mood, and cultivate a greater sense of balance and fulfilment in your life.*



# Tool 5: My Sleep Hygiene

Sleep hygiene refers to the habits and practices that promote healthy sleep. Use this worksheet to assess your current sleep habits and identify areas where you could improve your sleep hygiene.

MONDAY	Bedtime	Wake-up Time	Hours of Sleep	Quality of Sleep
	<input type="text"/>	<input type="text"/>	<input type="text"/>	☆☆☆☆☆
	Factors Affecting Sleep <input type="text"/>			

TUESDAY	Bedtime	Wake-up Time	Hours of Sleep	Quality of Sleep
	<input type="text"/>	<input type="text"/>	<input type="text"/>	☆☆☆☆☆
	Factors Affecting Sleep <input type="text"/>			

WEDNESDAY	Bedtime	Wake-up Time	Hours of Sleep	Quality of Sleep
	<input type="text"/>	<input type="text"/>	<input type="text"/>	☆☆☆☆☆
	Factors Affecting Sleep <input type="text"/>			

THURSDAY	Bedtime	Wake-up Time	Hours of Sleep	Quality of Sleep
	<input type="text"/>	<input type="text"/>	<input type="text"/>	☆☆☆☆☆
	Factors Affecting Sleep <input type="text"/>			

FRIDAY	Bedtime	Wake-up Time	Hours of Sleep	Quality of Sleep
	<input type="text"/>	<input type="text"/>	<input type="text"/>	☆☆☆☆☆
	Factors Affecting Sleep <input type="text"/>			

SATURDAY	Bedtime	Wake-up Time	Hours of Sleep	Quality of Sleep
	<input type="text"/>	<input type="text"/>	<input type="text"/>	☆☆☆☆☆
	Factors Affecting Sleep	<input type="text"/>		

SUNDAY	Bedtime	Wake-up Time	Hours of Sleep	Quality of Sleep
	<input type="text"/>	<input type="text"/>	<input type="text"/>	☆☆☆☆☆
	Factors Affecting Sleep	<input type="text"/>		

What specific steps can I take to improve my sleep hygiene? This could include establishing a consistent sleep schedule, creating a relaxing bedtime routine, or avoiding caffeine and screens before bed.

Step 1:	<input type="text"/>
Step 2:	<input type="text"/>
Step 3:	<input type="text"/>
Step 4:	<input type="text"/>
Step 5:	<input type="text"/>

### Sleep Tips:

- Establish a consistent sleep schedule, even on weekends and holidays.
- Create a relaxing bedtime routine, such as taking a warm bath or reading a book before bed.
- Avoid caffeine and screens before bed, as these can interfere with your sleep.
- Create a comfortable sleep environment that is cool, quiet, and dark.
- Seek support from a healthcare provider or sleep specialist if you are experiencing ongoing sleep issues.

# Tool 6: Creativity Kickstart

*Creative expression involves using art, writing, music, or other forms of self-expression to communicate and explore your thoughts, feelings, and experiences. Use this worksheet to practice creative expression and tap into your inner creativity.*

**STEP 1:** Choose a form of creative expression that you would like to use, such as drawing, painting, writing, or music

**STEP 2:** Brainstorm ideas or prompts for your creative expression.

**STEP 3:** Write down your thoughts, feelings, and experiences related to the prompt or idea.

**STEP 4:** Create your piece of creative expression based on the prompt or idea.

**STEP 5:** Reflect on your creative expression and how it made you feel. Write down any insights or discoveries that you made through this process

# 06

## Managing Stress and Overwhelm

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*Learning and practicing strategies for dealing with stress and using tools for coping with difficult emotions is crucial for maintaining mental and emotional well-being. Life can be unpredictable and challenging, and it's common for individuals to experience stress, anxiety, and difficult emotions at different times.*

*By using some of the tools in this workbook, you can learn effective coping strategies to manage your feelings and prevent them from becoming overwhelming.*

*Practicing these strategies regularly can help you build resilience and strengthen your ability to cope with difficult situations.*



Stress and overwhelm are common experiences in our busy lives. While some stress can be motivating and energizing, chronic stress and overwhelm can have negative effects on our physical, emotional, and mental health.

**Here are some strategies for managing stress and overwhelm:**

**Practice Mindfulness:** Mindfulness is a powerful tool for managing stress and overwhelm. By learning to focus on the present moment, without judgment, we can reduce feelings of anxiety and stress. Consider incorporating practices like meditation, deep breathing, or body scans into your daily routine.

**Take Breaks:** Taking regular breaks throughout the day can help to reduce stress and prevent burnout. Consider taking short breaks to stretch, take a walk, or simply relax and recharge.

**Prioritise Self-Care:** Practicing self-care is an important part of managing stress and overwhelm. Make sure to prioritise activities like exercise, healthy eating, and quality sleep, as well as activities that bring you joy and fulfilment.

**Set Boundaries:** Setting and enforcing personal boundaries is an important part of managing stress and overwhelm. Consider saying no to activities or obligations that are not aligned with your priorities, and delegating tasks to others when possible.

**Seek Support:** Sometimes, managing stress and overwhelm requires support from others. Consider reaching out to a friend or family member who can offer encouragement and support, or seek professional support from a therapist or coach.

**Engage in Relaxation Techniques:** techniques like progressive muscle relaxation, visualisation, or aromatherapy can be helpful for managing stress and promoting relaxation. Experiment with different techniques to find what works best for you.

By incorporating these strategies into your daily routine, you can effectively manage stress and overwhelm, and promote your overall wellbeing. Remember, managing stress is an ongoing process, and it's important to be patient and compassionate with yourself as you learn new strategies and coping mechanisms.

## Tool 7: 4-7-8 Breathing Technique

The "4-7-8" breathing exercise works by slowing down your breathing and helping you feel more relaxed. It can be a helpful tool for managing stress and anxiety, and can be done anytime, anywhere.

2

Take a deep breath in through your nose for a count of 4, filling your lungs with air.

3

Hold your breath for a count of 7.

4

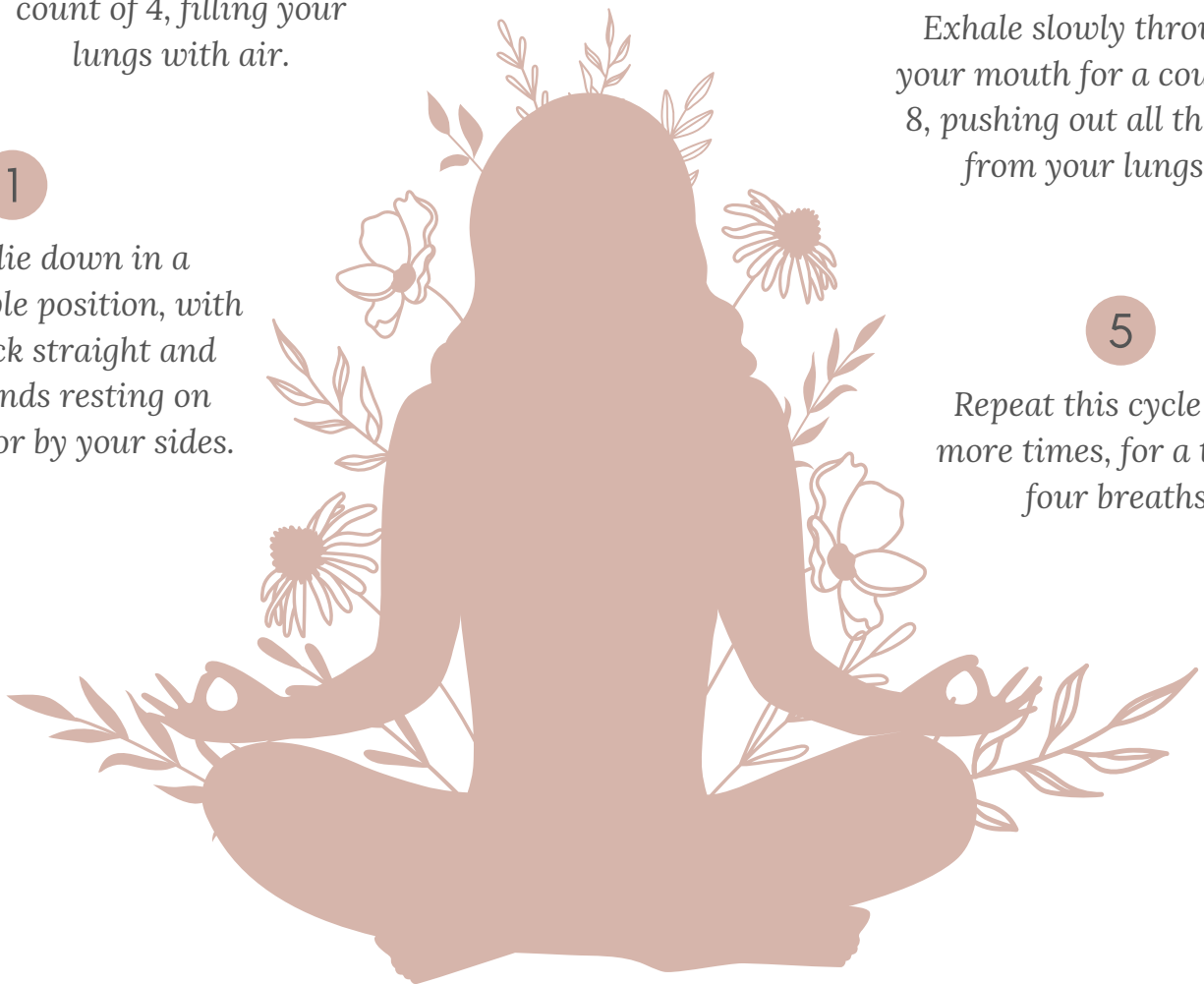
Exhale slowly through your mouth for a count of 8, pushing out all the air from your lungs.

1

Sit or lie down in a comfortable position, with your back straight and your hands resting on your lap or by your sides.

5

Repeat this cycle three more times, for a total of four breaths.



It's important to focus on your breath and count as you do this exercise. You can also try to visualise your breath flowing in and out of your body, or repeat a calming phrase or word to yourself as you breathe.



## Tool 8: The Worry Jar

Begin by taking a moment to write down any worries or concerns that are currently on your mind. Once you have identified your worries, shift your focus to potential solutions. Jot down any ideas that come to mind, no matter how big or small. By taking this proactive approach, you can begin to shift your mindset from one of worry to one of problem-solving. This technique can help you feel more empowered and in control, while also providing a tangible way to track your progress over time.



Possible Solutions:

# Tool 9: Letting Go

Use this worksheet to identify and release any thoughts, feelings, or behaviours that are holding you back. Take some time to reflect on the questions below, and use the space provided to write down your answers.

What am I holding onto that no longer serves me?

How is holding onto this thought, feeling, or behaviour impacting my life in a negative way?

What am I afraid of losing by letting go of this thought, feeling, or behaviour?

What benefits will I gain by releasing this thought, feeling, or behaviour?

What is one action that I can take today to start letting go of this thought, feeling, or behaviour?

How can I support myself in the process of letting go? Who can I reach out to for help or guidance?

What positive thoughts or affirmations can I use to replace the negative thoughts or feelings I am letting go of?

How will I celebrate my progress and success in letting go?

*Remember, letting go can be a difficult process, but it is essential for personal growth and healing. Be patient and kind to yourself, and remember that every step you take towards letting go is a step towards a happier, healthier you.*

# Tool 10: Mindfulness Practice

Mindfulness is the practice of being present and fully engaged in the current moment. It involves paying attention to your thoughts, feelings, and surroundings without judgment. Mindfulness has been shown to have many benefits for mental health and well-being, including reduced stress and anxiety, improved focus and concentration, and greater emotional regulation. Use this worksheet to practice mindfulness and incorporate it into your daily routine.

Step 1.	Choose a quiet and comfortable place where you know you will not be interrupted.
Step 2.	Begin by taking a few deep breaths, inhaling through your nose and exhaling through your mouth.
Step 3.	Close your eyes and focus on your breath. Notice the sensation of the air entering and leaving your body.
Step 4.	As thoughts enter your mind, simply acknowledge them and let them go. Don't judge or analyze them, just observe them and return your attention to your breath.
Step 5.	Pay attention to your physical sensations. Notice any tension or discomfort in your body and try to relax those areas.
Step 6.	Expand your awareness to your surroundings. Notice any sounds, smells, or sensations in the environment.
Step 7.	Bring your attention back to your breath and continue to focus on the present moment.
Step 8.	Practice this for at least 5-10 minutes each day.

**Questions:**

What did you notice during your mindfulness practice?

Did you find it difficult to stay present and focused?  
If so, what distractions did you encounter?

How did you feel after completing the practice?

How could you look to incorporate mindfulness into your daily routine?

What benefits do you think mindfulness could have for your mental health and well-being?

**Tips:**

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*You can practice mindfulness anywhere, not just in a quiet and comfortable place.*

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*Don't worry if your mind wanders during the practice. This is normal and part of the process.*

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*You can use guided meditations or mindfulness apps to help you get started with mindfulness practice.*

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*Experiment with different types of mindfulness practice, such as mindful breathing, body scans, or walking meditation, to find what works best for you.*

# Prompts for Anxiety

This worksheet includes 10 prompts that can help you explore your emotions, identify triggers, and develop strategies for coping. By putting your thoughts and feelings down on paper, you may find that you gain a greater sense of clarity and understanding about what you are experiencing. You may also discover patterns or connections that you hadn't noticed before, which can be helpful in developing a plan to manage these feelings.



- What thoughts or situations trigger my anxiety and overwhelm?
- How do I typically respond when I feel anxious or overwhelmed?
- What can I do to calm my mind when I am feeling anxious or overwhelmed?
- How can I reframe my negative thoughts to be more positive and realistic?
- What are some self-care activities that I enjoy and can incorporate into my routine to help reduce anxiety and overwhelm?
- Who can I talk to or seek support from when I am feeling anxious or overwhelmed?
- What small steps can I take to manage my anxiety and overwhelm, rather than feeling helpless and paralysed from it?
- What are some healthy coping mechanisms that I can turn to when I am feeling anxious or overwhelmed, instead of unhealthy ones?
- What have I learned from previous experiences with anxiety and overwhelm, and how can I apply these lessons moving forward?
- What would I say to a friend who is feeling anxious and overwhelmed, and how can I apply this same advice to myself?

# Tool 11: My Coping Strategies

Use this worksheet to identify your current unhealthy coping strategies and then propose some healthier alternatives for you to implement.

My current unhealthy coping strategy	A healthier coping strategy that I can replace it with

Identifying unhealthy coping strategies and replacing them with healthier alternatives can improve your overall well-being and resilience. Use this worksheet to reflect on your coping strategies and develop a plan for using healthier alternatives in the future.

## Tool 12: The Self-Care Treasure Chest

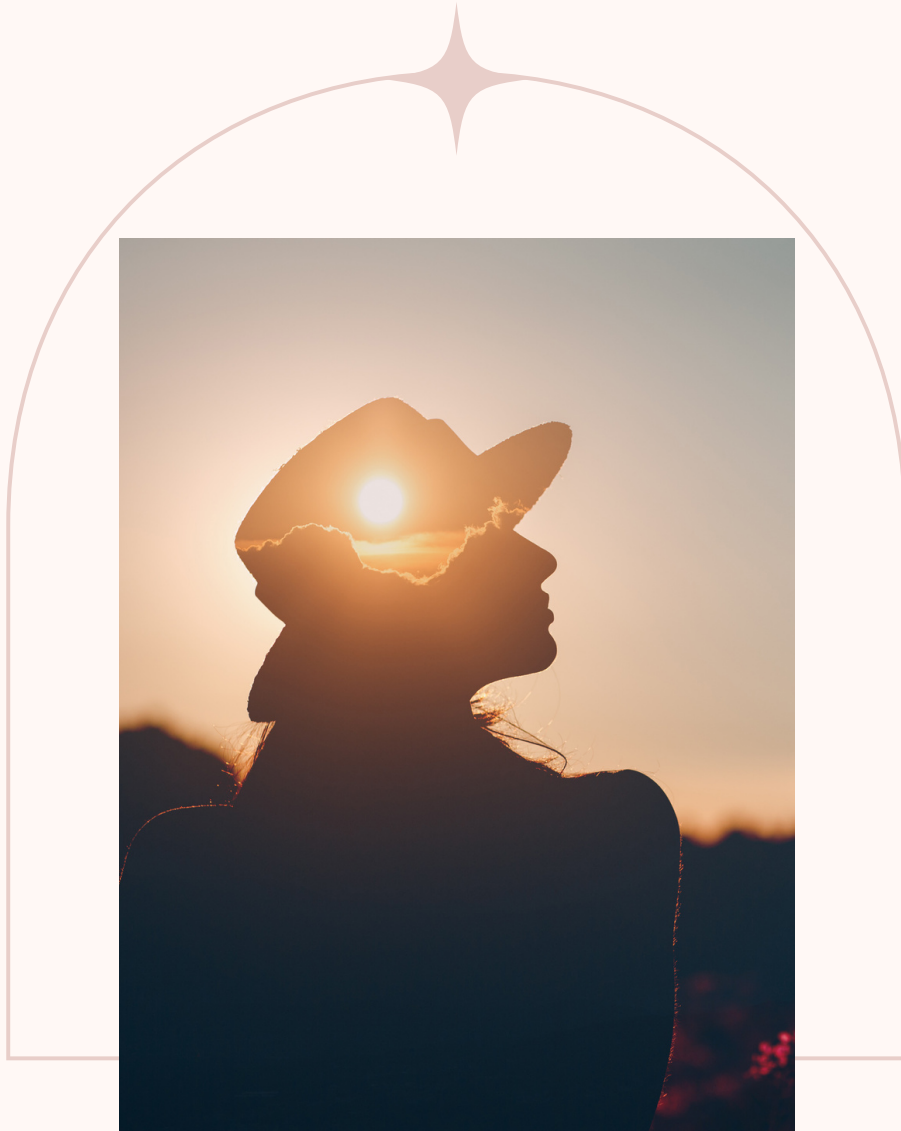
Create a personalised self-care treasure chest by listing all the things that make you feel good and bringing them together in one place. This could include your favourite books, a scented candle, a playlist of uplifting music, a cozy blanket, or anything else that brings you comfort and joy. Keep your treasure chest accessible so you can refer to it on hard days when self-care is needed. Remember, there are no rules when it comes to creating your self-care treasure chest, so feel free to get creative and make it your own!



My Items:

A large, empty rectangular box with a light beige background, intended for listing items for the self-care treasure chest.

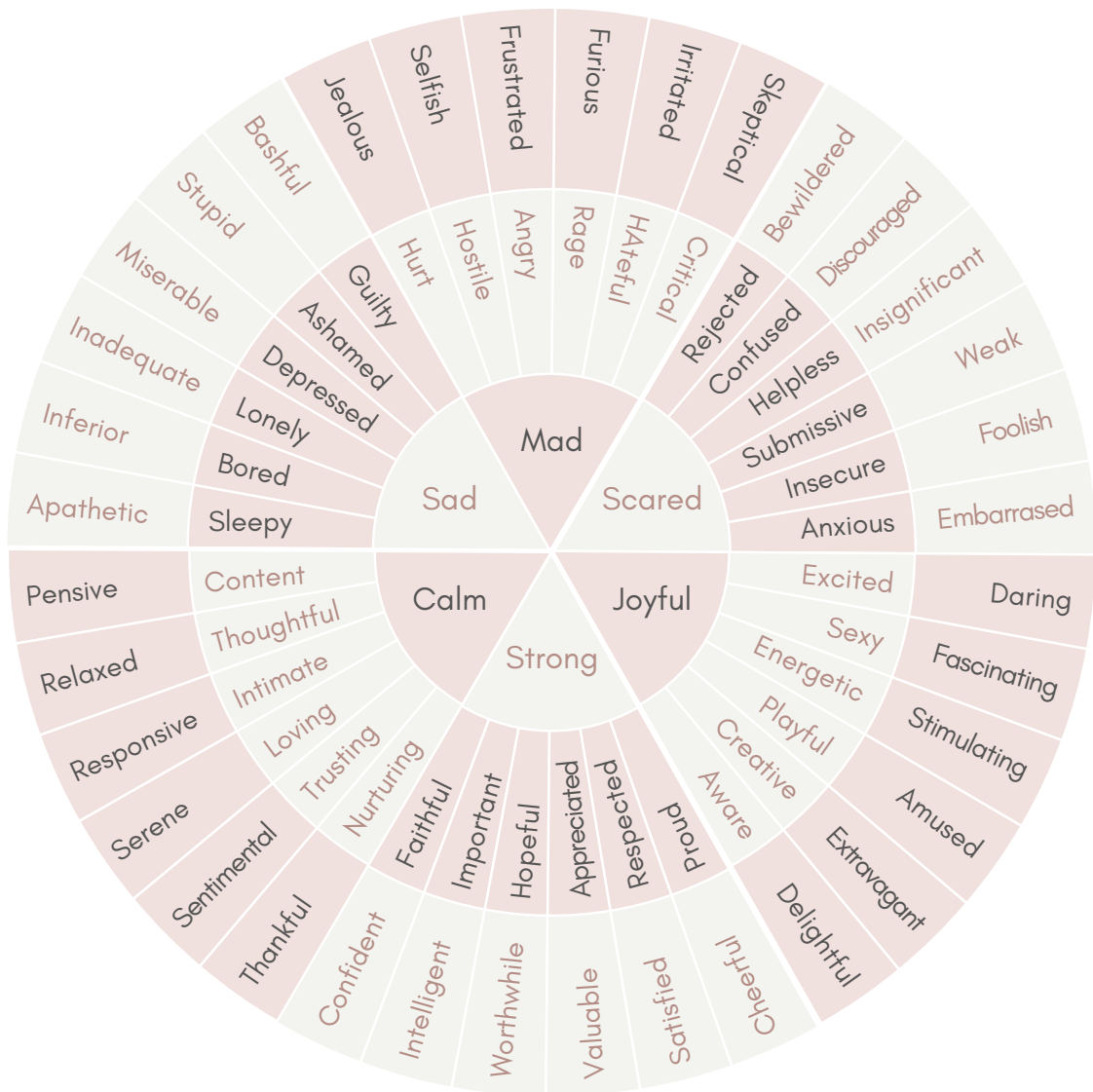




*"Bad days build better days. You can't have one without the other. So remember to be kind to yourself on those tough days, because they're building the strength you need for the better ones."*

# Tool 13: The Feel Wheel

The feel wheel is a helpful tool for enhancing emotional awareness within self-care practices. By identifying the range of emotions we experience, we can better understand our inner experiences and learn to express ourselves more effectively. This can lead to increased emotional regulation, better decision-making, and improved relationships. Additionally, the feel wheel can be used as a starting point for exploring the underlying reasons for our emotions, which can help us identify triggers and develop coping strategies.



# Tool 14: Understanding Emotions

*This worksheet is to be paired with The Feel Wheel to gain a deeper understanding of your emotions and how you feel in response to different situations.*

Choose an emotion from the wheel that you are feeling right now. Write about the situation or circumstances that led to this emotion.

Pick an emotion from the wheel that you would like to feel more of in your life. Brainstorm ways that you can create more opportunities to experience this emotion.

Look at the emotions on the wheel and identify those that you tend to avoid or suppress. Write about why you think this is and how you can work on allowing yourself to feel and process these emotions.

Choose an emotion from the wheel that you have been struggling with lately. Write about some self-care practices or coping strategies that could help you manage this emotion.

Reflect on a recent experience where you felt a mix of emotions. Use the wheel to identify and describe each of the emotions you felt, and write about how they influenced your thoughts and actions.

Choose an emotion from the wheel that you don't understand or have never experienced before. Research this emotion and write about what you learned, as well as how you might be able to relate to or empathise with others who experience it.

Take a moment to identify the emotions you typically feel throughout a typical day or week. Are there patterns or trends you notice? Write about any insights or observations you have.

*It's completely normal to feel overwhelmed or confused by the complexity of our emotions. Sometimes, we might not be able to fully understand what we're feeling or why we're feeling it.*

*It's important to remember that seeking support is always an option when we need help in understanding our emotions better. This can include talking to a trusted friend or family member, seeking guidance from a therapist or counsellor, or even utilising self-help resources like this workbook. It's okay to reach out for help when needed, and taking steps towards understanding our emotions can ultimately lead to improved well-being and greater self-awareness.*

# 07

## Nurturing Relationships and Social Support

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*Nurturing relationships and social support is a critical aspect of self-care practices. Building and maintaining relationships with others can provide a sense of belonging, comfort, and security, all of which are essential for our mental and emotional wellbeing. Social support can also help us manage stress, cope with difficult situations, and improve our self-esteem. Strong relationships can provide a sense of purpose and meaning in life, and help us feel connected to something greater than ourselves. In essence, investing in our relationships is investing in our overall wellbeing.*



*Building and maintaining positive relationships with others is an important part of self-care. Strong social connections can help to reduce stress, improve mood, and promote overall wellbeing.*

**Here are some strategies for nurturing relationships and social support:**



## 1. Prioritize Quality Time

*Making time for the people who matter most to you is an important part of nurturing relationships. Consider scheduling regular dates or outings with loved ones, or simply setting aside time to connect and catch up.*



## 2. Practice Active Listening

*Active listening is a skill that involves fully focusing on and engaging with another person. Practice active listening by paying attention to the other person, asking questions, and summarising what you've heard.*



## 3. Be Vulnerable

*Sharing your thoughts, feelings, and experiences with others can be a powerful way to build trust and strengthen relationships. Practice vulnerability by opening up and sharing your authentic self with others.*



## 4. Join a Social Group

*Joining a social group or club can be a great way to meet new people and build new relationships. Consider joining a group or club related to a hobby or interest, or volunteering in your community.*



## 5. Seek Support

*When you find yourself going through a difficult time, seeking support from others can be a powerful form of self-care. Consider reaching out to a friend, family member, or professional support when needed.*



## 6. Practice Gratitude

*Gratitude is the practice of focusing on the positive aspects of your life, and can help to promote positive emotions and strengthen relationships. Practice gratitude by simply taking a few moments each day to reflect on what you're thankful for.*

*By incorporating these strategies into your daily routine, you can build and maintain positive relationships and social support, and promote your overall wellbeing. Remember, nurturing relationships is an ongoing process, and it's important to be patient and compassionate with yourself as you work to strengthen your connections with others.*

# Tool 15: My Social Support Network

Social support involves connecting with others who can provide emotional, practical, and informational support. Use this worksheet to assess your current social support network and identify areas where you could improve your social connections.

Use the below columns to write down the names of those around you who offer certain types of support.

Emotional Support	Practical Support	Informational Support
Care & Comfort	Task Execution & Errands	Advice & Guidance

Where do you identify any gaps in your social support network?

Brainstorm steps that you can take to improve your social support network.



# Tool 16: My Personal Boundaries

Reflect on what matters most to you, and how you can make choices that support your physical, emotional, and mental wellbeing.

What are some examples of situations that you have been in where you have felt uncomfortable or overextended in the past?

What are some values that are important to you, but that you struggle to make time for or uphold in your daily life?

What are some physical, emotional, or mental boundaries that you need to establish in order to prioritise your wellbeing?

What are some actions you can take to enforce your boundaries and make choices that align with your values and priorities?

## Remember!

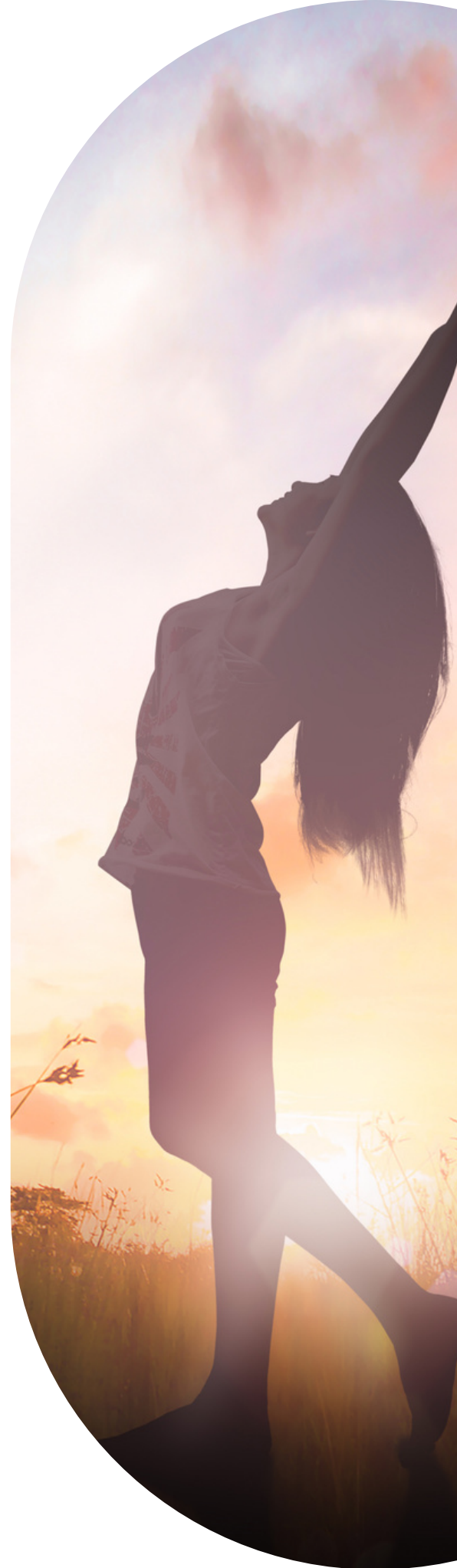
Setting and enforcing personal boundaries is an important part of self-care. By prioritising what matters most to you and making choices that align with your values and priorities, you can promote your overall wellbeing and cultivate a greater sense of balance and fulfilment in your life.

# 08

## Overcoming Self-Limiting Beliefs

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*Overcoming self-limiting beliefs is an essential part of self-care. Negative thoughts and beliefs can hold us back from reaching our full potential and living a fulfilling life. It's important to identify and challenge these thoughts and beliefs, practice self-compassion, and reframe our thinking. Taking action towards our goals, no matter how small, can also help us build confidence and overcome self-doubt. Additionally, seeking support from trusted friends or professionals can provide us with the encouragement and guidance we need to move past our self-limiting beliefs. By adopting these practices, we can learn to believe in ourselves and our abilities, leading to greater personal growth and happiness.*



Self-limiting beliefs can be deeply ingrained, and may be based on past experiences, cultural messages, or other factors.

**Here are some strategies for overcoming self-limiting beliefs:**

### **Identify Your Self-Limiting Beliefs**

The first step in overcoming self-limiting beliefs is to identify them. Consider the negative thoughts or beliefs that hold you back, and write them down.

### **Practice Self-Compassion**

Self-compassion is the practice of treating yourself with kindness, empathy, and understanding. Practice self-compassion by acknowledging your self-limiting beliefs without judgment, and reminding yourself that everyone experiences negative thoughts and beliefs from time to time.

### **Take Action**

Taking action is an important part of overcoming self-limiting beliefs. Start small by setting achievable goals that challenge your self-limiting beliefs, and celebrate your progress along the way.

### **Challenge Your Beliefs**

Once you've identified your self-limiting beliefs, challenge them by asking yourself if they are based in reality. Are there any examples where the belief is not true? What would you say to a friend who had the same belief?

### **Reframe Your Thoughts**

Reframing your thoughts involves consciously turning negative self-talk into positive and empowering statements. Instead of saying "I will not be able to do this," try saying "I am learning and growing every day."

### **Seek Support**

Overcoming self-limiting beliefs can be a challenging process, and it can be helpful to seek support from others.

Consider reaching out to a trusted friend, family member, or therapist who can offer encouragement and support as and when you require it.

By practicing these strategies, you can begin to overcome self-limiting beliefs and cultivate a greater sense of self-awareness, self-esteem, and self-confidence. Remember, overcoming self-limiting beliefs is an ongoing process, and it's important to be patient and compassionate with yourself as you work to challenge negative thoughts and beliefs.

# Prompts for Self-Doubt

This worksheet contains 10 prompts that can help you explore and challenge your self-doubt and negative self-beliefs. It's important to understand where these beliefs come from and how they may be impacting our thoughts, emotions, and behaviours. By identifying the root causes of our self-doubt, we can start to reframe negative beliefs and develop a more positive and self-affirming outlook.

With regular practice, we can build our self-confidence and work towards achieving our goals and aspirations.



- What are some negative beliefs you have about yourself?
- Where do these negative beliefs come from? Were they learned from someone else, or did you develop them on your own?
- How do these negative beliefs affect your daily life? Do they hold you back in any way?
- What evidence do you have that these negative beliefs are true? What evidence do you have that they are not true?
- What would your life be like if you didn't have these negative beliefs? How would you feel, and what would you be able to accomplish?
- How can you reframe your negative beliefs into positive ones?
- What actions can you take to challenge your negative beliefs and prove them wrong?
- How can you practice self-compassion and kindness towards yourself when you are struggling with self-doubt and negative self-belief?
- Who can you turn to for support and encouragement when you are feeling down on yourself? Make a list of people you can reach out to when you need a boost of confidence.
- How can you celebrate your successes and accomplishments, no matter how small they may be, to boost your self-esteem and combat negative self-belief?

# 09

## Gratitude

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*Gratitude is an essential component of self-care routines because it helps cultivate a positive and optimistic mindset. When we practice gratitude, we focus on the good things in our lives rather than dwelling on what's not going well.*

*This shift in mindset can reduce stress and anxiety, improve our relationships, and enhance our overall sense of well-being.*

*By taking time to reflect on the things we're thankful for, we can develop a deeper appreciation for our lives and the people in them.*

*Incorporating gratitude into our self-care routines can help us maintain a more positive outlook, even during challenging times.*



# Gratitude Journaling

*Keeping a gratitude journal can be a powerful tool to improve your mindset, relationships, and overall well-being. By focusing on the positive aspects of your life, you can develop a sense of appreciation, joy, and contentment that can improve your mood and outlook on life. Here are 5 tips to help you get started with your own gratitude journal:*

- 1 Write down things you're grateful for every day. This can be as simple as a good cup of coffee or as complex as a meaningful relationship.*
- 2 Be specific in your gratitude entries. Instead of just writing "family," consider writing something specific that you appreciate about each member of your family.*
- 3 Make gratitude journaling a part of your daily routine. Whether you do it in the morning, at night, or during a break in the day, consistency is key to seeing the benefits.*
- 4 Focus on the feelings of gratitude as you write. Visualise the thing you're grateful for and allow yourself to fully experience the positive emotions that come with it.*
- 5 Don't take anything for granted. Consider how your life would be different without the things you're grateful for, and let that perspective enhance your sense of appreciation.*

*By incorporating these tips into your gratitude journal practice, you can experience the many benefits of cultivating gratitude in your daily life. Enjoy the process of keeping a gratitude journal and allow it to bring positivity, joy, and appreciation to your life.*

# Tool 17: Gratitude Journaling

Gratitude journaling is a simple but powerful practice that involves writing down things that you are grateful for each day. This practice can help shift your focus from negative to positive, improve your mood, and increase your overall sense of well-being. Use this worksheet to practice gratitude journaling and reflect on the things in your life that you are thankful for.

What three things are you grateful for today? They can be big or small, simple or complex, personal or universal.

1

2

3

Write a few sentences about why you are grateful for each of these items. Try to be specific and descriptive. Then write how expressing gratitude makes you feel

1

2

3

Now take some time to yourself to reflect on how expressing gratitude makes you feel. **Try to notice any changes in your mood or perspective.**

# Gratitude Prompts

*This worksheet offers 15 gratitude prompts to inspire daily practices that help us appreciate what we have, boost our mood, and cultivate a sense of joy and contentment, even during challenging times.*



- *Who's someone you appreciate and why?*
- *What's one good thing that happened this week?*
- *What's one thing in nature that you find beautiful?*
- *What's something that you're thankful for in your daily routine?*
- *What's one way that someone has shown you kindness recently?*
- *What's one thing you're grateful to have learned?*
- *What's one thing that you're thankful for in your home?*
- *What's one memory that you're grateful for?*
- *What's one aspect of your health that you're thankful for?*
- *What's one thing you're grateful to have in your career?*
- *What's one thing you're grateful for in your community?*
- *What's one quality in yourself that you're grateful for?*
- *What's one way you've been able to overcome a challenge?*
- *What's one goal you've achieved recently that you're grateful for?*



## Tool 18: The Cookie Jar

Create a "cookie jar" filled with all the things you have accomplished and are proud of. Take time to reflect on your successes, no matter how big or small they may be, and write them down in your cookie jar. These could be achievements at work, personal milestones, or anything that brings you a sense of pride and fulfillment.



Your Cookies:

## Tool 19: Gratitude Letter

*In this worksheet, you'll express gratitude towards someone who has positively impacted your life by writing a letter to them. Choose someone you're grateful for, be specific about what you appreciate, and consider sharing the letter in person or via mail. Expressing gratitude has been shown to enhance happiness, well-being, and social connections.*



# 30 days of Gratitude

Gratitude is a powerful tool for cultivating a positive outlook and spreading positivity. This 30-day worksheet will guide you through daily prompts to help you focus on what you're grateful for and show appreciation through action.

<b>01</b> Write a thank you note	<b>02</b> Do a small favour for someone	<b>03</b> Express your appreciation to a co-worker	<b>04</b> Call and thank someone	<b>05</b> Donate to a charity
<b>06</b> Write a positive review for a local business	<b>07</b> Send a message of gratitude	<b>08</b> Share a meal or snack with someone	<b>09</b> Give someone a compliment	<b>10</b> Do a random act of kindness
<b>11</b> Help a neighbour	<b>12</b> Write a letter of gratitude	<b>13</b> Offer to help someone in need	<b>14</b> Donate clothes or household items	<b>15</b> Send a care package or gift
<b>16</b> Leave a positive note or message	<b>17</b> Volunteer your time	<b>18</b> Help a friend or co-worker	<b>19</b> Cook or bake something for someone	<b>20</b> Give someone a hug
<b>21</b> Share a positive story	<b>22</b> Leave a generous tip	<b>23</b> Help someone with a problem	<b>24</b> Send a text message of gratitude	<b>25</b> Make a gratitude list
<b>26</b> Offer to listen to someone	<b>27</b> Bring treats or snacks to share	<b>28</b> Take care of a task or chore	<b>29</b> Create a handmade gift	<b>30</b> Reflect and feel grateful

# 10

## Conclusion

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*To wrap up this workbook and acknowledge your efforts, it's important to highlight the significance of regularly checking in with yourself through self-care. This final step ensures that you continue to prioritise your well-being, identify areas for improvement, and celebrate progress.*

*Doing a self-care check-in is important because it helps us stay attuned to our own needs and emotions. By regularly checking in with ourselves and assessing how we're feeling, we can identify areas where we may be struggling or neglecting our well-being. This allows us to take proactive steps to prioritise self-care and make necessary adjustments to our routines to better support our overall health and happiness. By consistently engaging in self-care check-ins, we can cultivate a greater sense of self-awareness and build a strong foundation for our overall well-being.*



# Tool 20: Self-Care Check In

Use this worksheet and take the time to consider your progress so far. These journal prompts are designed to help you evaluate where you are and where you want to go, and provide an opportunity for you to set new goals for your ongoing self-care journey.

How are you feeling physically, mentally, and emotionally? Are there any areas where you're feeling particularly stressed, anxious, or fatigued?

How have you been prioritising self-care in your daily life? Have you been making time for the self-care activities that nourish and recharge you?

What are some things you're currently struggling with, and how can you use self-care practices to support yourself during this time?

Are there any changes you could make to your self-care routine to better meet your needs and support your overall well-being?

# Congratulations

*Congratulations on completing this self-care workbook! By taking the time to prioritise your physical, emotional, and mental wellbeing, you have taken an important step towards a more fulfilling and balanced life.*

*Remember, self-care is an ongoing process, and it requires commitment and dedication to make positive changes in your life. By incorporating the self-care strategies and techniques outlined in this workbook into your daily routine, you can continue to promote your overall wellbeing and reach your full potential.*

*As you move forward, remember to be kind and compassionate with yourself. Self-care is not about perfection or achievement, but about learning to prioritise your needs and cultivate a greater sense of self-awareness and self-compassion.*

*If you find that you need additional support at any time, please do not hesitate to reach out. With the tools and resources shared within this workbook, you can continue to thrive and grow in all areas of your life.*



*Thank you for taking the time to invest in your own self-care journey. I wish you all the best in your ongoing pursuit of health, happiness, and wellbeing.*

# Get Coached by Me!

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*Are you feeling lost or disconnected, struggling with depression and anxiety, and lacking self-love and self-esteem? If you're ready to start your inner-healing journey but don't know where to begin, my 1:1 coaching services are here to help.*

*I offer 1:1 online coaching that helps empower women to embrace confidence, nurture self-esteem, cultivate self-love, and discover their most authentic selves.*

*My coaching is designed to provide you with the tools and techniques you need to last a lifetime. You'll learn how to cultivate self-compassion and self-love, and find joy within the healing process. With my guidance and support, you'll notice a transformation in your life, from increased confidence to a greater sense of inner peace.*

*To learn more, please visit my website where you learn more about my coaching services and schedule a complimentary discovery call.*



[www.celestielle-coaching.co.uk](http://www.celestielle-coaching.co.uk)

