

The Helicopter Daughter

FALL INTO SELF CARE

A beginner's guide to help you identify your needs, prioritize your goals, and develop a plan to better care for yourself.

"It's the perfect tool to help you jump start your way to finding balance and well-being."

-Karen Hadden, CHC, CSCC

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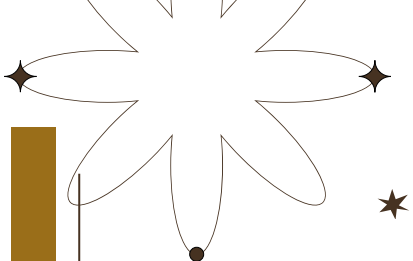
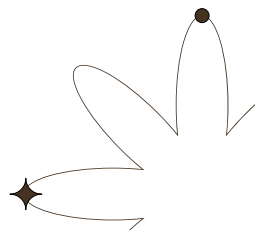


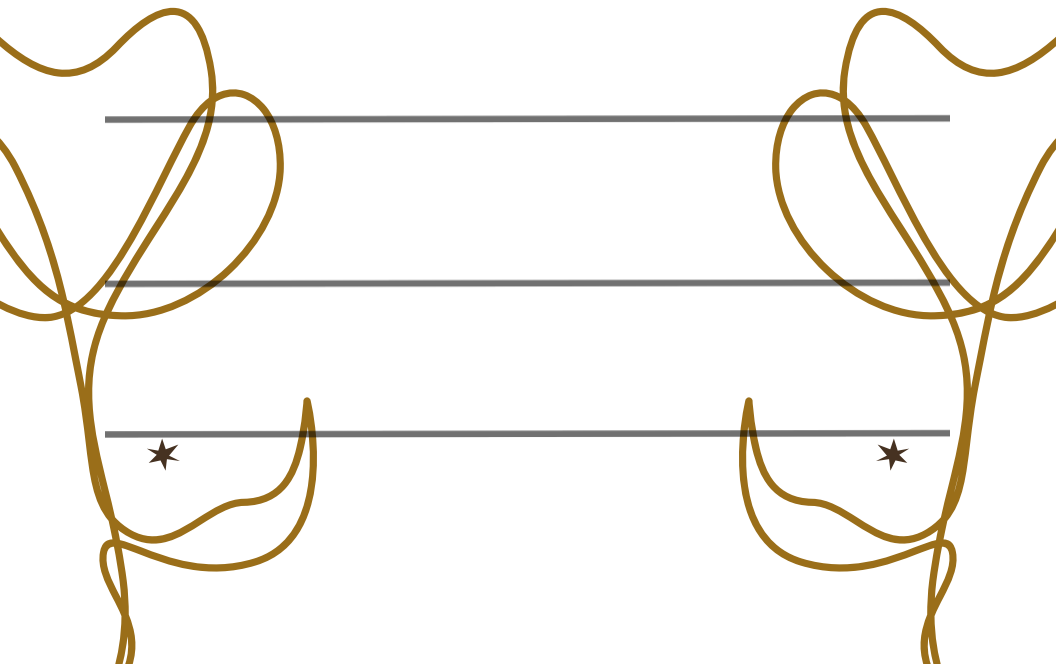
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INTRODUCTION

Welcome to Fall Self-Care

As the seasons change, it's the perfect time to nurture your mind, body, and spirit. This mini self-care journal is designed to help you get started on embracing mindful practices throughout the fall. Whether it's sipping a warm cup of tea, enjoying the crisp air, or simply taking a moment to breathe, these pages are your guide to finding tranquility in the little things.

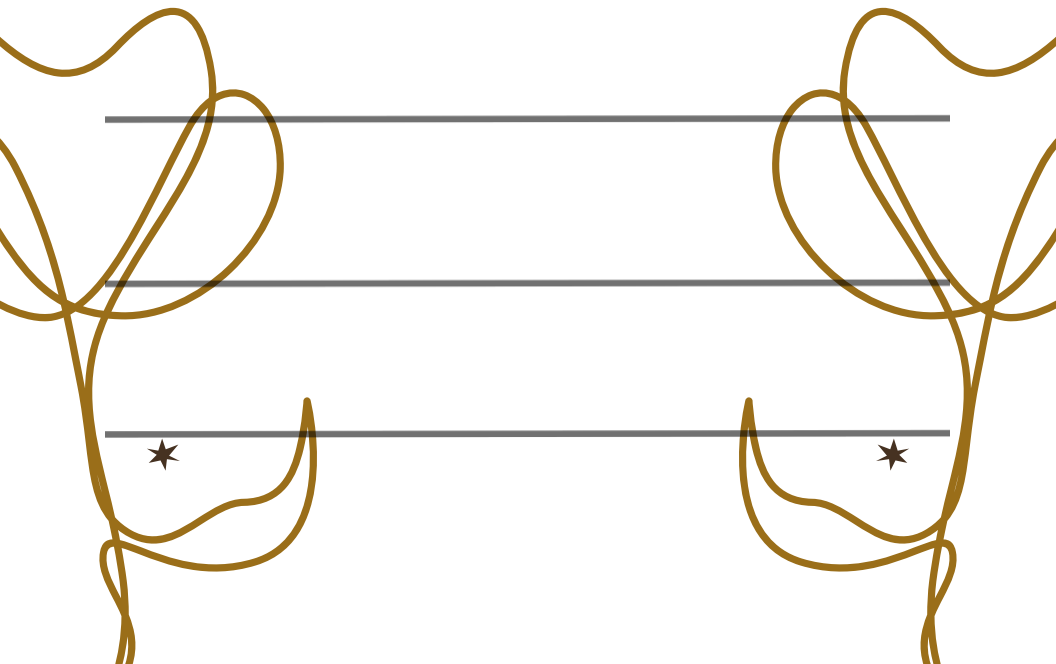
This guide is just the first step in your self-care journey. By practicing these activities regularly and focusing on your well-being, you'll begin to see the positive impact on your daily life.

If you're looking for more personalized support or additional self-care strategies tailored to your unique needs, I'm here to help! Reach out to me to explore how we can work together to deepen your self-care routine and bring more balance and joy into your life.

Karen

A Little About Me:

I'm Karen Hadden, Certified Health Coach and Certified Self Care Coach, Wellness Advocate and owner of The Helicopter Daughter Boutique. My journey into self-care began after my parents passed and I was re-ignited during my recovery from heart surgery, to re-discover how small, daily acts of self love could transform my well-being. Now, I'm dedicated to helping others find simple, meaningful ways to practice self-care and embrace wellness every day. Through my store, workshops, and coaching sessions, I provide tools and guidance to support your unique self-care journey.



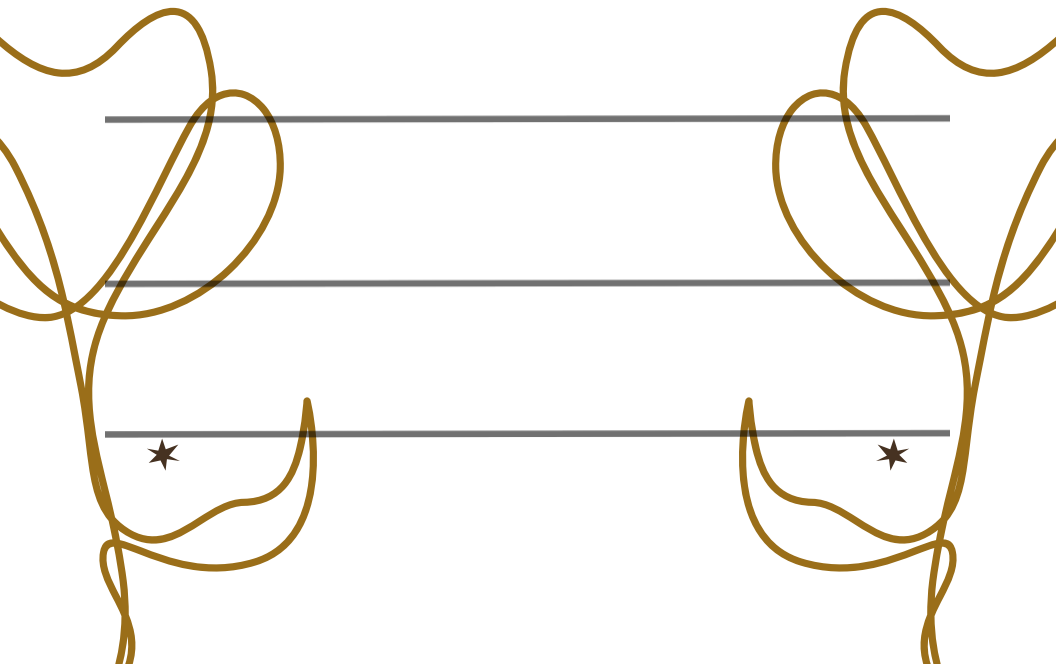
HOW DO YOU DO SELF-CARE

Before diving into your self-care journey, take a moment to reflect on your current habits and well-being. This quick assessment will help you identify areas where you're thriving and where you might want to give yourself more care this season.

Instructions:

Rate each statement on a scale of 1 to 5, with 1 being 'Rarely' and 5 being 'Always'.

I take time to do something that makes me feel relaxed	
I practice gratitude by acknowledging things I am thankful for	
I set aside time to be alone and recharge my energy	
I get outside and connect with nature regularly	
I nurture my body by eating well and staying hydrated	
I speak kindly to myself and practice positive self-talk.	
I make sure to rest when I feel tired, both mentally and physically	
I do something creative that brings me joy	
I make time for activities that bring me happiness	
I seek support from friends, family, or a community when I need it	



HOW DO YOU DO SELF-CARE

Reflect:

- **Your Total Score:** _____
- **Reflection:**
 - 35-50: You're doing great! Keep nurturing those habits.
 - 20-34: You're on the right track. Add a few more self-care activities.
 - 10-19: Explore new ways to nurture yourself this season.

Need Help Getting Started?

If this assessment highlighted areas where you'd like to give yourself more care, don't worry—I'm here to help! Together, we can create a customized self-care plan tailored to your unique needs and lifestyle. Visit my boutique, The Helicopter Daughter, or reach out to learn more about the resources, products, and support available to you. Information is located at the back to help you get started!

SELF CARE WHEEL OF WELLNESS



The Self-Care Wheel

The Self-Care Wheel represents different aspects of self-care that contribute to overall well-being. These include physical, emotional, psychological, spiritual, social, and professional self-care. Understanding each category can help you identify areas in your life where you might want to devote more attention.

Sections of the Wheel:

Physical Self-Care: Activities that support physical health, like exercise, nutrition, sleep, and hydration.

Emotional Self-Care: Practices that help you process and express emotions, such as journaling, therapy, or talking to a friend.

Psychological Self-Care: Mental activities that stimulate your mind and manage stress, like reading, learning a new skill, or practicing mindfulness.

Spiritual Self-Care: Practices that connect you to your inner self and beliefs, such as meditation, prayer, or spending time in nature.

Social Self-Care: Building healthy connections with others through social activities, community involvement, or nurturing relationships.

Professional Self-Care: Taking care of your career and work-life balance by setting boundaries, taking breaks, and pursuing growth opportunities.

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DAILY SELF-CARE PROMPTS

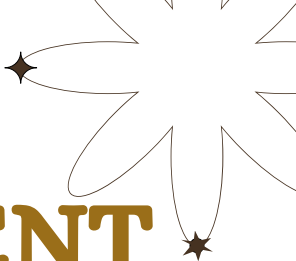


Today, I am grateful for: Reflect on something positive that happened today.	Write your thoughts here
My self-care focus today is: Choose a self-care activity or mindset for the day.	Write your thoughts here
An affirmation I need to hear is: Pick an empowering affirmation to carry with you throughout the day.	Write your thoughts here

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STRESS MANAGEMENT

Managing Stress This Fall

Stress can creep up on us, especially during the busy fall season. As life picks up pace, it's important to take intentional steps to manage stress and protect our well-being. This page is here to help you recognize signs of stress and explore simple techniques to bring calm into your life.

Recognizing Stress:

Before we can manage stress, it's important to recognize how it shows up in our bodies and minds. Common signs of stress include:

- Feeling overwhelmed or anxious
- Trouble sleeping or constant fatigue
- Muscle tension, headaches, or upset stomach
- Irritability or mood swings
- Difficulty concentrating

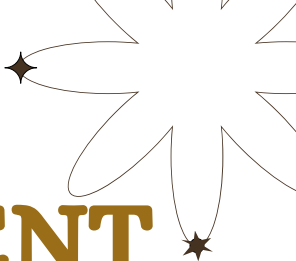
Pause for Reflection:

What are some signs that you're feeling stressed? Use the examples above and write them down here:

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STRESS MANAGEMENT

Stress-Relief Techniques:

Here are some simple techniques to help manage stress and bring peace to your day. Try one or more of these when you feel tension building up:

1. **Deep Breathing:** Find a quiet spot, close your eyes, and take slow, deep breaths. Inhale for a count of four, hold for four, and exhale for four. Repeat this for five minutes to calm your mind.
2. **Get Moving:** A brisk walk in nature, yoga, or even dancing to your favorite song can help release tension and boost your mood.
3. **Journaling:** Take a few minutes to write down your thoughts. Getting your worries out of your head and onto paper can provide relief and clarity."
4. **Create a Soothing Ritual:** Make a cup of herbal tea, light a candle, or take a warm bath with essential oils. Simple, comforting rituals can help reset your mind and body.
5. **Gratitude Practice:** Write down three things you are grateful for. Shifting your focus to gratitude can create a more positive mindset.

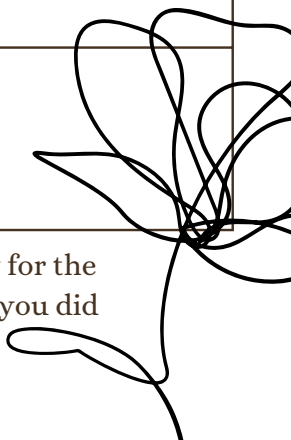
Try This:

Next time you feel stressed, choose one of these techniques and spend five minutes practicing it. Make a note of how it affects your mood and energy levels.

FALL SELF CARE IDEAS

ACTIVITY	✓	HOW DID YOU FEEL Write down your thoughts about your activity, Did you like it? What could you do different? Did it inspire you?
<i>Sip a warm cup of tea while reading a book.</i>		
<i>Take a walk in nature and enjoy the fall colors.</i>		
<i>Sit for 10 minutes and practice a breathing exercise.</i>		
<i>Write down three things you're grateful for.</i>		
<i>Light a fall-scented candle during your evening routine.</i>		

Commit to a small self-care act each day for the week. Write down in your journal what you did and how it made you feel.

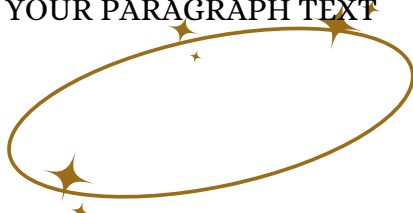




AFFIRMATIONS



YOUR PARAGRAPH TEXT



Fall Affirmations

+ Use these affirmations to remind yourself
+ of your inner strength throughout the
+ season or whenever you need them. + +

★ I embrace the changes that each season brings.

★ I am worthy of taking time for myself.

★ I release what no longer serves me and welcome new beginnings.

★ My well-being is a priority, and I nourish it daily.

★ I am grateful for the beauty of this season.

FALL REFLECTIONS

After you've implemented some of the self care activities previously mentioned, visit this page to evaluate how you've felt.

ACTIVITY	HOW DID YOU FEEL
<i>What have I enjoyed most about this season so far?</i>	
<i>What self-care activities have brought me the most comfort?</i>	
<i>What challenges have I faced, and how have I nurtured myself through them?</i>	



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RESOURCES



Taking care of yourself is a lifelong journey, and it's important to know where to turn when you need support.

Self-Care & Wellness Coaching

The Helicopter Daughter Wellness Coaching
One-on-One & Group Coaching

Karen Hadden

Certified Health Coach

Certified Self Care Coach

Email: thehelicopterdaughter@gmail.com

The Helicopter Daughter Wellness Boutique + Gifts

The Helicopter Daughter
Boutique & Wellness Center

Website: thehelicopterdaughter.com

Phone: (440) 725-1571

Email: support@thehelicopterdaughter.com

Social Media

Instagram: [@TheHelicopterDaughter](https://www.instagram.com/TheHelicopterDaughter)

Facebook: [The Helicopter Daughter](https://www.facebook.com/TheHelicopterDaughter)

