



LIFE GIVEN
Coaching & Consultancy Ltd

Transformational Coaching and Leadership Coaching



Wellness

Self-Care

Being yourself is one of the most powerful ways to have good health.

Name

YEAR 1/2

-WORKBOOK-





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Introduction

Looking after yourself doesn't always come easy and not everyone knows what this means. Self care is very important for everyone, but not everyone needs the same self-care. To be able to be the best version of ourselves we need to take time to learn about what works for us.

In this workbook you will find lots of ways to help you get started. Self-care is a life long learning technique and it may change over the years.

You can have fun experimenting with different ideas.

Happy wellness!
Ms Given

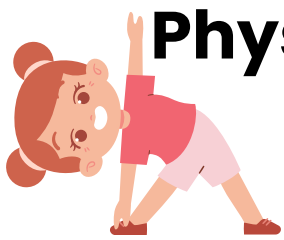




Understanding Self-care

02

There are all different kinds of ways to take care of yourself:



Physical – keep your body moving in any way you enjoy.

Mental – Learning new things.



Spiritual – Exploring your religion or your beliefs.

Emotional – Knowing what your emotions are and how to deal with them.



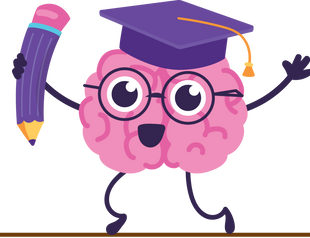
**What types of self-care
do you do already?**



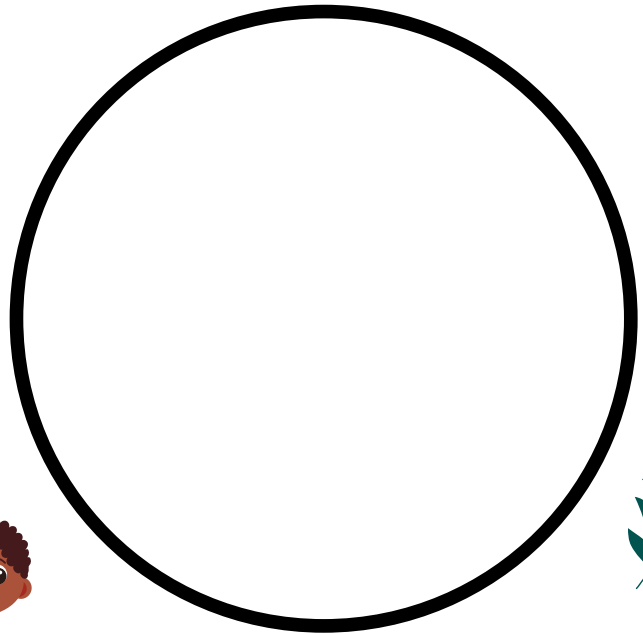


Self-care Plan

Draw or write a sentence

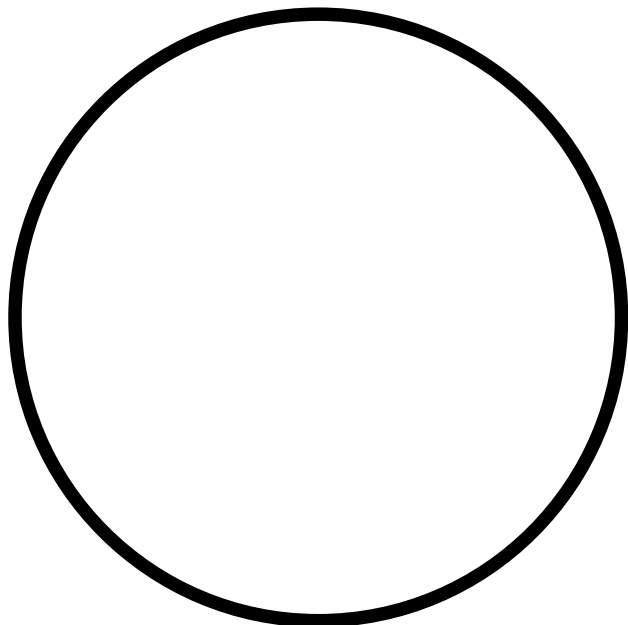


Goals for my mind



Goals for my body







My Emotions

04

Often we want to just feel happy and ignore other emotions but knowing why we feel like we do, is a very important part of self-care.

Write under each emotion, how you feel. If you are angry you might feel hot and cry. Or draw what each looks like.

Anger

Fear

Sadness

Joy





Drawing my Emotions

Self-care

Draw the emotions you enjoy on one side of you and draw the emotions that you find tricky on the other side of you.

This is me

What Brings Me Joy...

06