

AND MENTAL HEALTH MINI SERIES

EPISODE 4

Your Self-Care Guide



BY NICOLE PLUMRIDGE

The ultimate workbook to help you cultivate a self-care routine that nourishes your mind, body and soul.



Welcome

In the fast-paced world that we live in, self-care has a tendency to either be overlooked or treated in a superficial way. After all, can a face mask really eliminate stress and solve all of our problems?

When I first started "getting into" self-care, I treated it as yet another to-do list (as if we don't have enough of those!) It was something to check off the box every month or so. The items consisted of: have a bubble bath, do a face mask, paint nails - and all the things you would expect. I quickly realised that this wasn't it. This wasn't self-care.

Rather than reacting to the outside world, true self-care delves into your inner world. What brings you inner peace? What makes your soul feel nourished? This workbook is designed to help you develop an authentic self-care practice.

Best regards,

A handwritten signature in dark ink, appearing to read 'Nicole Plumridge', with a long, sweeping underline.

Nicole Plumridge
Psychminds Founder
Indie Author
Podcaster

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To fall in love with yourself is
the first secret to happiness

Robert Morley



What is self-care?



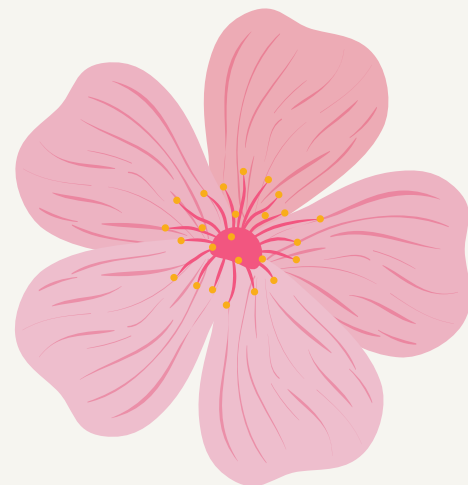
Self-care is so much more than the commercialised version that we hear about, promoting bubble baths, spa days, face masks, trips to the nail salons and such. While these are great, relaxing activities which certainly can be beneficial, they are not what I consider to be true self care.

True self-care involves delving deep within yourself to understand your thoughts, emotions, and feelings. It is about aligning who you are with your goals and path in life. It requires deep reflection and introspection.

Self-care is not a passive process. Inspired action is necessary and you may find yourself confronted with difficult decisions. When you are engaging in true self-care you are letting your authentic self shine. That's what this self-care journey is all about.



What is self-care continued...



Self-care is about engaging in activities which align your mind, body and soul, leaving you with a feeling of deep contentment.

In order to engage in true self-care, you need to explore what it means to make your body, mind and soul feel aligned. What helps you feel balanced and at peace? Start there. If you can't think of something, it could be a good idea to try out a new activity, explore a new hobby or delve into a new experience.

Below are some starting points when considering self-care for the body, mind and soul.

Self-Care for the Body

- **Exercise:** regular movement throughout the day is necessary to get your energy going and uplift your mood.
- **Sleep:** it can't be recommended enough to get a decent nights sleep. If you struggle to fall asleep, try engaging in restful activities before bed.
- **Nutrition:** as they say, "you are what you eat." Ensure to eat a healthy, balanced diet (with the occasional cheat day).

Self-Care for the Mind

- **Cultivate hobbies:** find an activity that you find inherently enjoyable.
- **Read:** reading is a great activity to stimulate the mind but also induces a sense of calm.
- **Educational Courses:** there's so much information out there and even some free courses floating about, why not give something new a go?

Self-Care for the Soul

- **Meditate:** developing a meditation practice can alleviate stress symptoms and enhance mindfulness.
- **Journal:** journaling and writing gratitude lists can be extremely therapeutic and put you in a relaxed, content state.
- **Nature:** connect with the natural world through taking walks and being outside.

All three areas have to be nourished for you to feel that you are your vibrant, best self!



You yourself, as much as
anybody in the entire universe,
deserve your love and affection.

Buddah





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Why is self-care important?

Cultivating quality time for yourself is necessary to avoid feelings of burnout and overwhelm.

It is important to cultivate an effective self-care routine to improve:

- **Physical health:** by exercising and eating well you will be enhancing your physical health and emotional well-being.
- **Mindfulness:** going about your day in a more mindful manner will help you deal with stress more effectively.
- **Productivity:** the more you take care of yourself, the more quality work you will likely produce.
- **Creativity:** it is in the quiet moments, the stillness, where dreams are born, imagination expands and ideas are sparked.

Self-care also helps to avoid:

- **Burnout:** by ensuring you are taking time for yourself, you are giving yourself the opportunity to relax, rest and recharge.
- **Stress/overwhelm:** although stressors will always be present in our day-to-day lives, you will develop the tools to cope with them better and not feel overwhelmed.
- **Sickness:** stress is linked to many physical ailments. Reducing stress is likely to reduce illness.





The real difficulty is to
overcome how you think about
yourself

Maya Angelou



Describe your real vs. ideal self

In this section, describe the person you currently are in terms of personality traits, accomplishments, feelings, where you are in your career, your family etc. In the next column, describe the person you want to become.

REAL SELF

IDEAL SELF





How you love yourself is how
you teach others to love
you

Rupi Kaur



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Goals

STEPS

GOALS

STRATEGIES

POTENTIAL PROBLEMS

PROGRESS TRACKER

Dream BIG

What are some of your biggest dreams?

1.

2.

3.





Beauty begins the moment
you decide to be
yourself

Coco Chanel



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Questions to ask yourself:

What is one unhealthy habit I can switch out for a healthy one?

What is a quality I admire in others? How can I cultivate it in myself?

What are some limiting beliefs I hold about myself?

What is one of my greatest accomplishments? What made it special?

What lights me up?



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Questions to ask yourself:

When did I feel I was fulfilling my potential? What was I doing?

What are some themes in my life (ie. situations/ problems/ experiences that keep coming up)?

What is a life lesson or message I wish I knew when I was younger

What activity do I find challenging but also thoroughly enjoyable?

What do I feel driven to explore within myself and within the outside world?

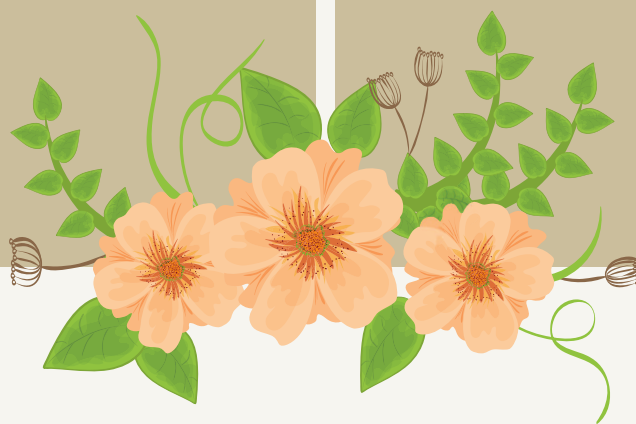


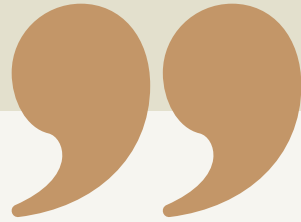
List your active and passive self-care activities

In this section categorize your self-care activities based on whether they are passive whereby something is being done to you (ex. having your nails done by someone, receiving a massage) or active whereby you are doing something (ex. reading a book, going for a walk, meditating).

PASSIVE

ACTIVE





Talk to yourself like someone
you love

Brene Brown





Daily Tracker

Use this section to see where you are spending most of your time.

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To love oneself is the beginning
of a lifelong romance

Oscar Wilde



Your ideal self-care activities...

Activities for Nourishing the Body

Activities for Stimulating the Mind

Activities for Soothing the Soul

Activities for Balancing the Emotions

Anything else you need to tend to...





When you recover or discover
something that nourishes your
soul and brings joy, care enough about
yourself to make room for it in your
life

Jean Shinoda Bolen



THE ULTIMATE SELF-CARE GUIDE

Try it out!



Pencil in a couple of your ideal self-care activities, even if it's just for 5-10 minutes.

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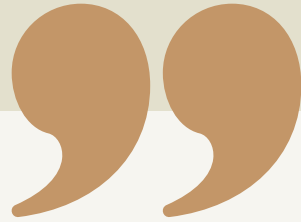
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The thing that is really hard,
and really amazing, is giving up on
being perfect and beginning the
work of becoming yourself

Anna Quindlen



Reflect

How did the process go for you? Did the questions bring up any feelings or particular emotions? Did you enjoy it? Were there certain aspects that were challenging? Will you continue to work to include true self-care into your daily life?



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I truly hope you enjoyed this self-care journey and that you learnt something new, cultivated a new passion, and most importantly, developed a deeper sense of love and compassion towards yourself.

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