



# SELF-CARE & POSITIVE THINKING

## What is Self-Care?

Self-care is any activities, practices, and behaviors that maintain or enhance our mental, emotional, and physical health, and overall well-being. It involves deliberate and mindful steps to improve body, mind, and soul.

It is not selfish or lazy, but a human need. It is ok to take a moment away from busy and at times hectic lives to take a breath and recenter.

**Without self-care, your whole self suffers.**

- Low energy, fatigue, insomnia
- Physical symptoms of stress
- Difficulty concentrating or making healthy choices
- Feeling alone or being overly negative
- Less patient, more irritable
- Worsening mental health symptoms
- Reduced performance and less motivation

**Self-care is important!** Practicing self-care provides.

- Reduces stress and anxiety
- Improves focus and productivity
- Increased self-esteem & self-worth
- Avoid burnout and manage stress
- Happier relationships
- Happier self - increased inner peace
- Improved sleep and immune system
- Positive outlook and thinking
- Enhance quality of life

[Psychologytoday.com](https://psychcentral.com)  
[Choosingtherapy.com](https://choosingtherapy.com)  
[World Health Organization](https://www.who.int)  
<https://psychcentral.com>  
[www.psychologytoday.com](https://www.psychologytoday.com)



# TIPS AND IDEAS TO BUILD YOUR ROUTINE



## Start somewhere and stick with it

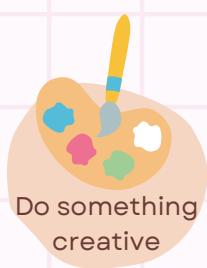
- Routines are built over time
- First, you have to understand yourself
- Shift your mindset: Self-care is an act of love
- Slow down and be present in the moment



## Know yourself and do more of what you love

- Are you a creative person who loves to draw?
- Do you value your alone time?
- Are you energized after socializing with others?
- Do you love dancing to music?

Think about the things you enjoy doing, and what brings you a sense of peace and calm. What is relaxing for one person will not be the same for the next. Build a routine centered around YOU.



# YOUR PHYSICAL SELF

Exercise releases endorphins, the body's natural mood lifters. Take care of your physical self by choosing activities that make you feel good and contribute to your overall well-being. This can look different for everyone.

Physical self-care doesn't need to happen in a gym, it doesn't need to be intense, and you don't need to spend any extra money for it. It does involve movement, but it also involves hydration, sleep, nutrition, medical care, and more! Simple movements like walking, stretching, dancing, or taking the stairs all count.

Listen to your body and give it what it needs to feel supported, energized, and able to get through the day.



Get good sleep for enough time



Eat clean, healthy food



Regular exercise and physical activity



Drink enough water



Take breaks and wind down



Spend time outside; hike, relax, meditate

# YOUR MENTAL SELF



Get grounded.  
Focus on  
the here  
and now

Identify  
what you  
feel, and  
be kind to  
yourself

Journal to  
process  
emotions  
and gain  
clarity

Take deep  
breaths  
and count  
slowly

Stretching  
or yoga to  
release  
physical  
tension

Journaling is a great tool to help you identify your thoughts and feelings, and trace them back to their roots. It can also help find different methods of self-care that work better for you.

# YOUR EMOTIONAL & SPIRITUAL SELF



Create a space just for you:

- Soft pillows, warm lighting
- Calming music or quiet
- Teas, calming scents

Meditate, reflect, practice gratitude

Care for your body

- Skincare routines, personal hygiene

Take a bath or take a nap

Talk to someone if you are struggling



# SHIFT YOUR THINKING



Positive thinking is a mindset - with practice, it can reshape how you perceive things.

- Be optimistic about the future, with planning
- Approach challenges with hope
- Give yourself and others grace
- Look for solutions, not problems
  - don't ignore problems but work towards finding solutions. Reach out when you need help.
- Give the benefit of the doubt

Positive thinking starts with positive self-talk. We believe what we tell ourselves. Listen to your inner voice and if it leans to the negative, work to shift that.

## POSITIVE SELF TALK



### Identify Negative Thinking

- Filtering
- Personalizing
- Catastrophizing
- Blaming
- Magnifying
- Polarizing

### Focus on Positive Thinking

- Periodic checks
- Stay grounded
- Practice positive self-talk
- Surround yourself with positivity
- Journal or gratitude list
- Start your day strong

# EXCERCISE 1 SELF CARE JAR



- 1 Get an empty jar
- 2 Write down your favorite self-care ideas
- 3 When you're feeling stressed, drained, or not yourself, pull out a paper and do that activity.

[Selfcarecabin.com/self-care-jar/](http://Selfcarecabin.com/self-care-jar/)

# EXCERCISE 2 REMIND YOURSELF

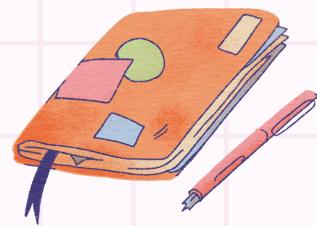
- Write Affirmations on sticky notes
- Place them where you will see them every day
- Use this to develop a positive feedback loop



[health.clevelandclinic.org](http://health.clevelandclinic.org)

# EXCERCISE 3

## BE INTENTIONAL



### Beginning of each day:

Start your day with purpose.

List out all of the things you need to do for that day.

Think about what your intentions are. What version of you do you want to bring to this day.

Write 5 things you're grateful for.

### End of each day:

Finish your day with gratitude.

Review your day and write 3-4 sentences about how you did that day.

Write 5 things you appreciate about the day.

3 minutes of meditation - just focus on your breath and quieting your mind.

# EXCERCISE 4 VISION BOARD

vision boards act as visual daily reminders. You can create them the traditional route with cut out magazine images, poster boards, scissors, glue, etc., or you can create one online by using Canva or another website. You can choose goals to accomplish a task, reach a milestone, improve on a self-care technique, or anything else that is important to you.



# EXERCISE 5 MEDITATION



## DEEP BREATHING

Inhale deeply for four counts, hold for four counts, and exhale for four counts. Repeat several times to calm the nervous system.

## BODY SCAN MEDITATION

Close your eyes and mentally scan your body from head to toe, noticing any areas of tension and consciously releasing it.

## PROGRESSIVE MUSCLE RELAXATION

Tense and then relax each muscle group, starting from toes and working up to the head. This relieves physical tension.

## 5-4-3-2-1 GROUNDING TECHNIQUE

Name five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.

[Relaxation Exercises to Help Fall Asleep \(sleepfoundation.org\)](#)  
[How To Relieve Stress for Bedtime \(sleepfoundation.org\)](#)

Remember, there is not one right way to take care of yourself.

Some days it might be to rest, others it might be connection, movement, setting boundaries, or connecting with yourself. What is most important is getting to know what YOU need and giving yourself permission to respond in those ways.

Consistency will build new habits. Self-care is about supporting yourself and showing up for yourself in ways that feel safe, realistic, and useful. Overtime, it gets easier to do.

Choose one self-care idea or activity to practice over the next week. If you need help or would like to discuss more, please reach out to the NextUp/REACH team at (909) 274-6556