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Self-Care Isn't Selfish

Workbook

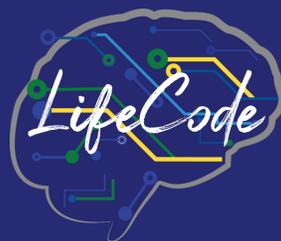


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~ **What is self-care?**

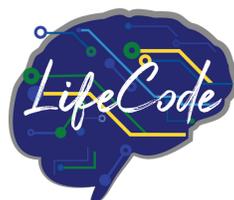
~ **Mental health statistics**

~ **Start with WHY**

~ **Five ways to incorporate self-care on a daily basis**

1. *Cultivate an attitude of gratitude*
2. *Celebrate the small wins*
3. *Set boundaries*
4. *Practice resilience*
5. *Be kind to yourself*

~ **Create your self-care schedule**

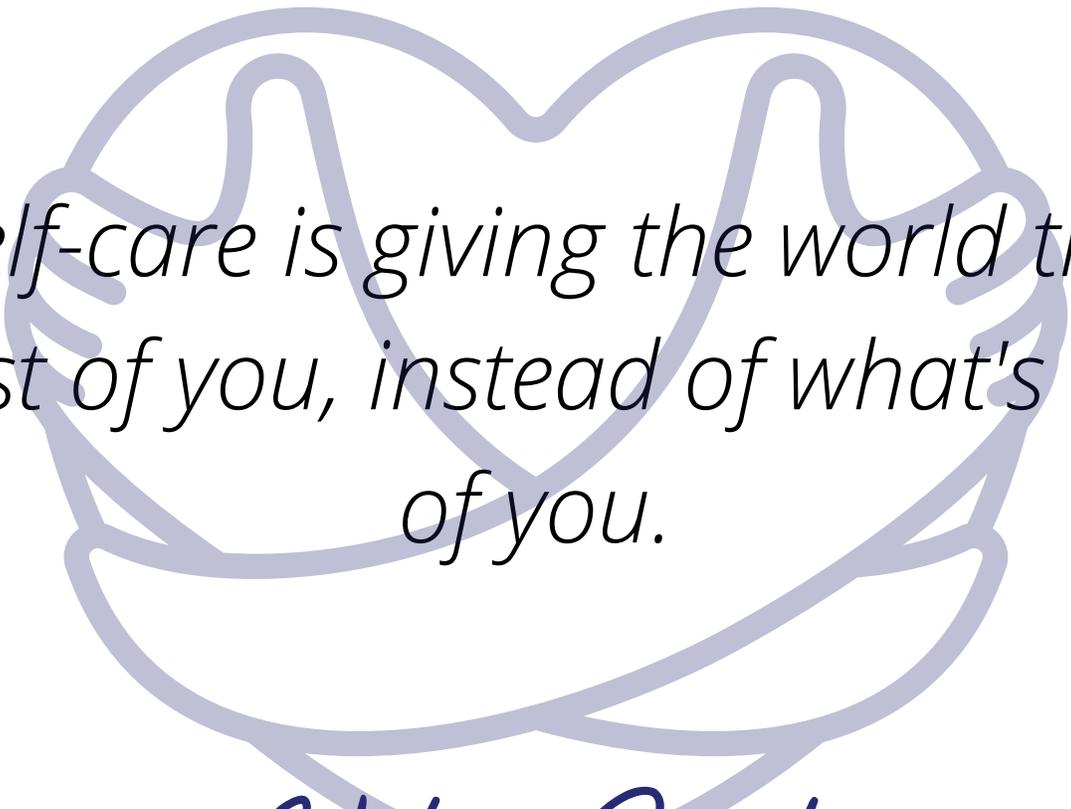


What is Self-Care?

Self-care, quite simply, is when you are proactive in protecting and maintaining your own health and wellness. You take the time to identify your needs and provide the proper care required in addressing them.

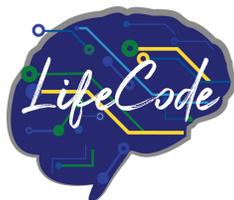
By attending to your needs, you care for yourself in order to feel nourished, fulfilled and in turn care for others.





Self-care is giving the world the best of you, instead of what's left of you.

Katie Reed



Write It Out



/ What do you currently do to practice self-care?

Notes

The link between self-care and mental health

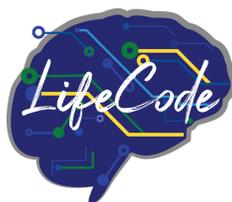


The National Alliance on Mental Illness states that:

- **20.6%** of U.S. adults experienced mental illness in 2019 (51.5 million people). **This represents 1 in 5 adults.**
- **5.2%** of U.S. adults experienced serious mental illness in 2019 (13.1 million people). **This represents 1 in 20 adults.**
- **16.5%** of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people)

Mental illness is a more prevalent occurrence than we may acknowledge.

In addition to the negative stigma surrounding mental illness in general, people often feel immense shame and guilt around seeking help for what ails them.

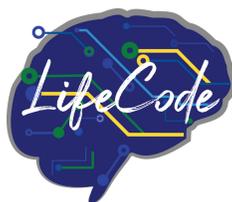


The link between self-care and mental health



Practicing self-care is not a substitute for therapy, but it can mitigate or lessen some of the effects of mental illness. No matter your situation, you need to develop strategies that can help you cope with your every day reality. Practicing self-care to maintain positive mental health and navigate mental illness can help you:

- understand how stress affects you
- maintain physical health
 - exercise
 - eating habits
 - sleep
 - meditation & mindfulness
- recharge yourself
- stay positive
- seek support from others

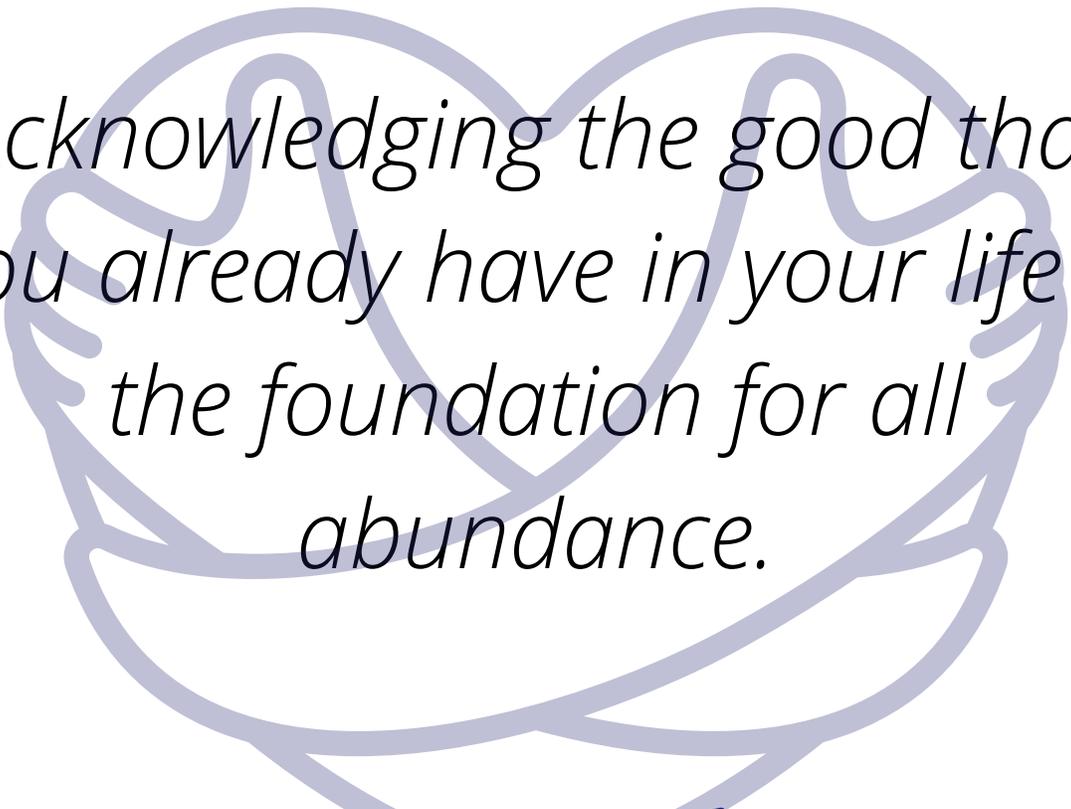


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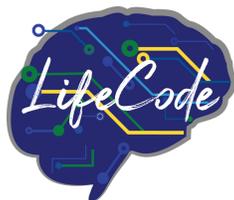
2 Why are you prioritizing your self-care?

Notes



*Acknowledging the good that
you already have in your life is
the foundation for all
abundance.*

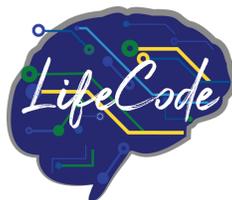
Eckhart Tolle



Cultivate an attitude of gratitude

1. BE PRESENT
2. EXPRESS YOURSELF
3. WRITE A GRATITUDE LETTER
4. SPEND TIME WITH LIKE-MINDED PEOPLE
5. KEEP A GRATITUDE JOURNAL

Thank You!



Write It Out



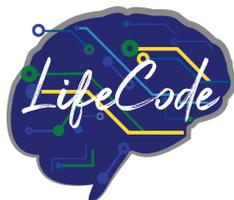
- 3 In 2 minutes, list all the things that you are grateful for in this moment.

Notes



*Continuous improvement is
better than delayed perfection.*

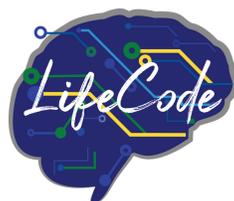
Mark Twain



Celebrate the small wins



1. CREATE BENCHMARKS TO YOUR BIG GOALS
2. PRODUCTIVITY \neq WORTH
3. REWARD YOURSELF
4. PROGRESS OVER PERFECTION

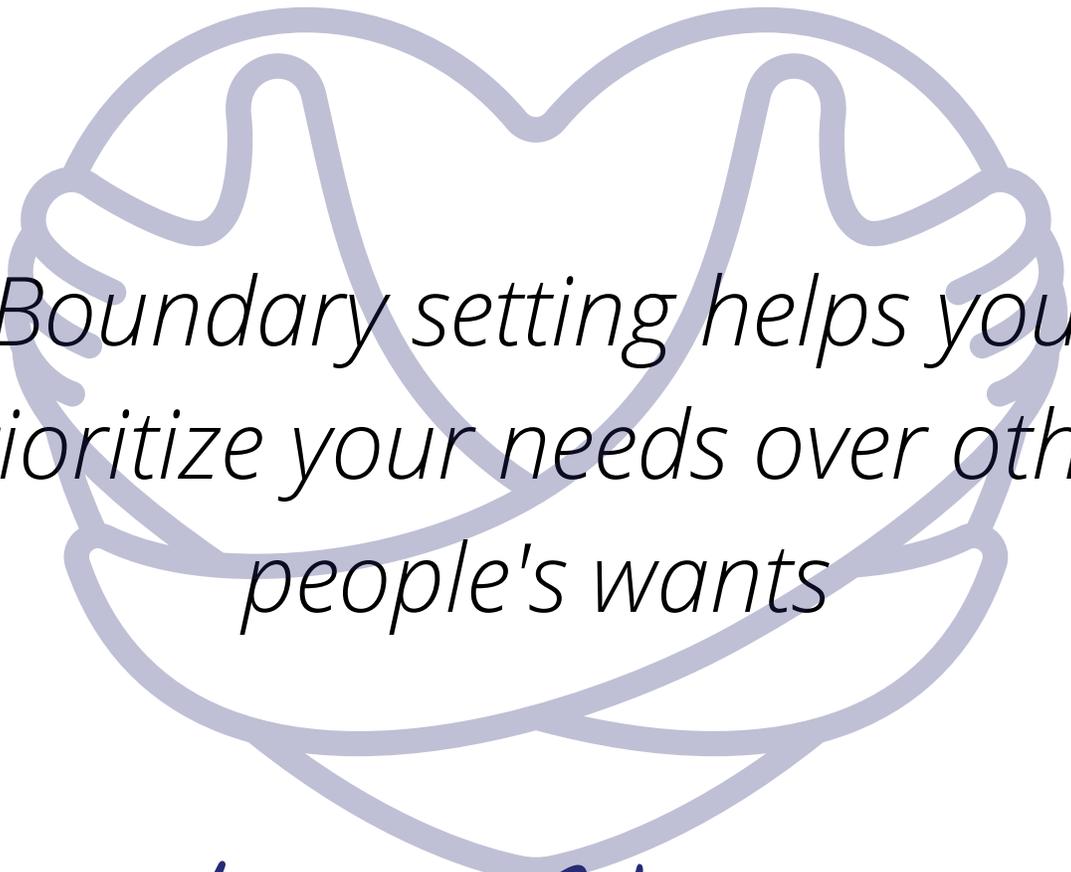


Write It Out



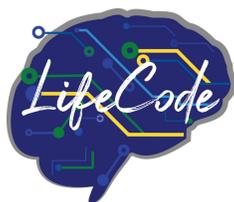
- 4 Celebrate! List 5 small wins from the past week.

Notes



*Boundary setting helps you
prioritize your needs over other
people's wants*

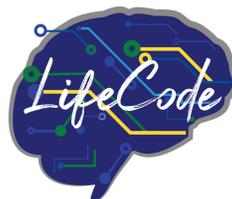
Lauren Kenson



Set boundaries



1. BE SELF-AWARE: IDENTIFY YOUR LIMITS
2. ACKNOWLEDGE YOUR FEELINGS
3. ADVOCATE FOR YOURSELF
4. BE DIRECT & RESPECTFUL

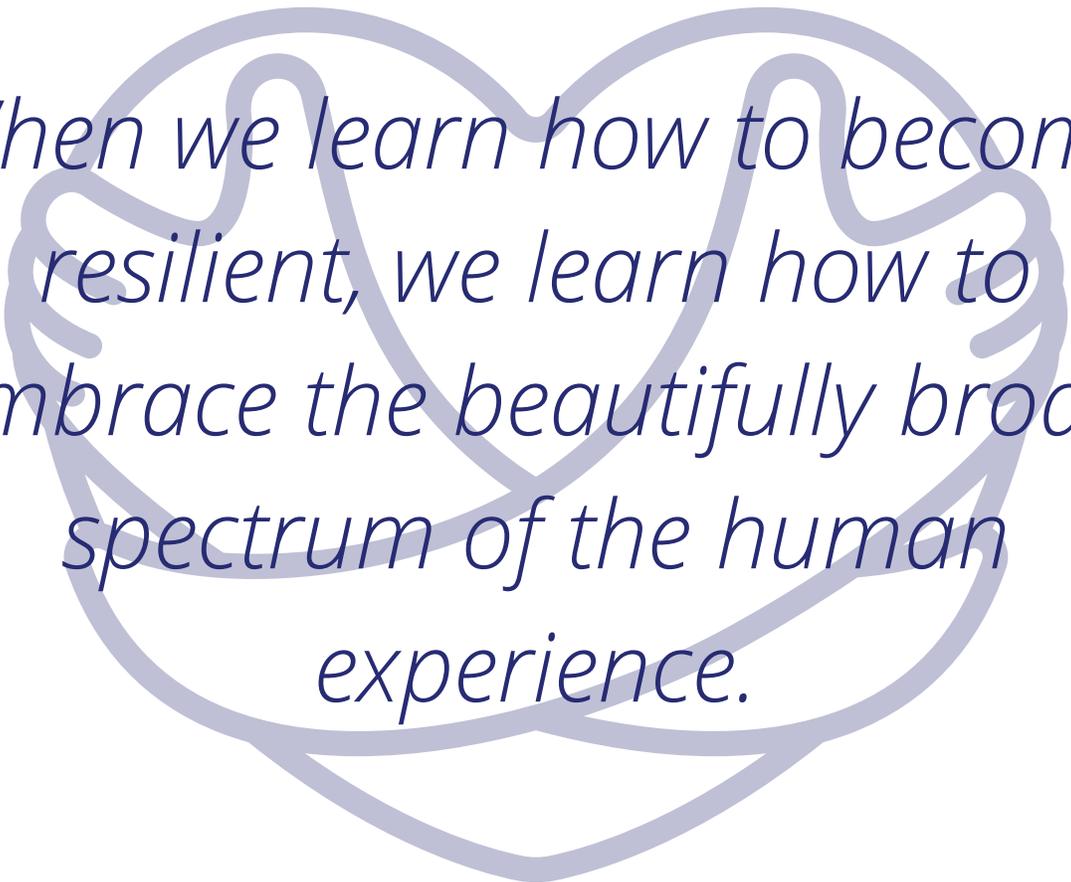


Write It Out



5 What is one boundary that you can commit to setting today?

Notes



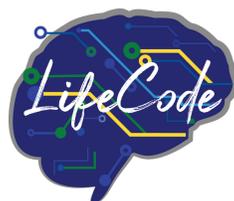
*When we learn how to become
resilient, we learn how to
embrace the beautifully broad
spectrum of the human
experience.*

Jaeda Dewalt

Practice resilience



1. BELIEVE IN YOURSELF & YOUR ABILITIES
2. CREATE A SELF-CARE SCHEDULE & STICK TO IT
3. LOOK FOR THE LESSON & GET PERSPECTIVE
4. PRIORITIZE RELATIONSHIPS & ASK FOR SUPPORT
5. UNDERSTAND THAT CHANGE IS CONSTANT

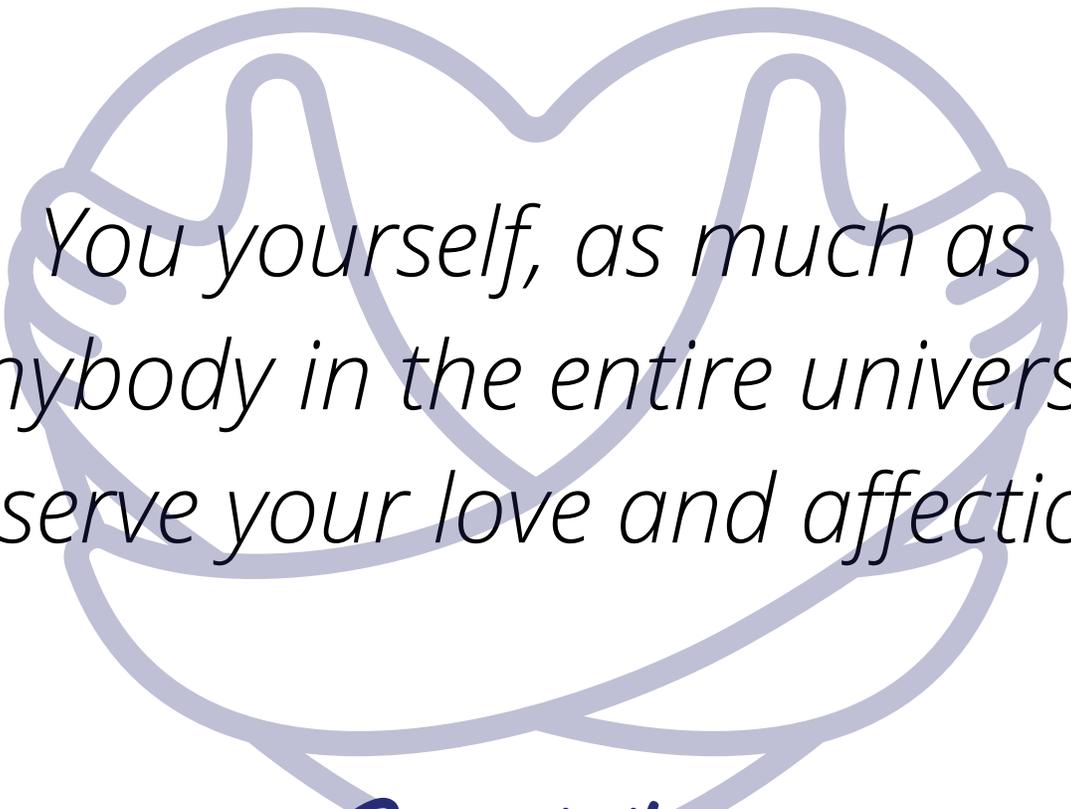


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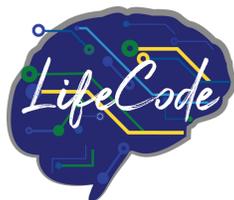
- 6 What is the underlying lesson of a challenge or hardship you recently faced?

Notes



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

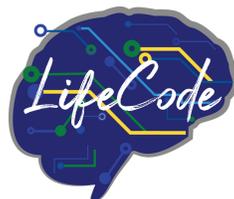
Buddha



Be kind to yourself



1. SILENCE YOUR INNER CRITIC
2. REMIND YOURSELF OF YOUR GOOD QUALITIES
3. STOP TRYING TO BE PERFECT
4. FORGIVE YOURSELF
5. WRITE YOURSELF A LETTER

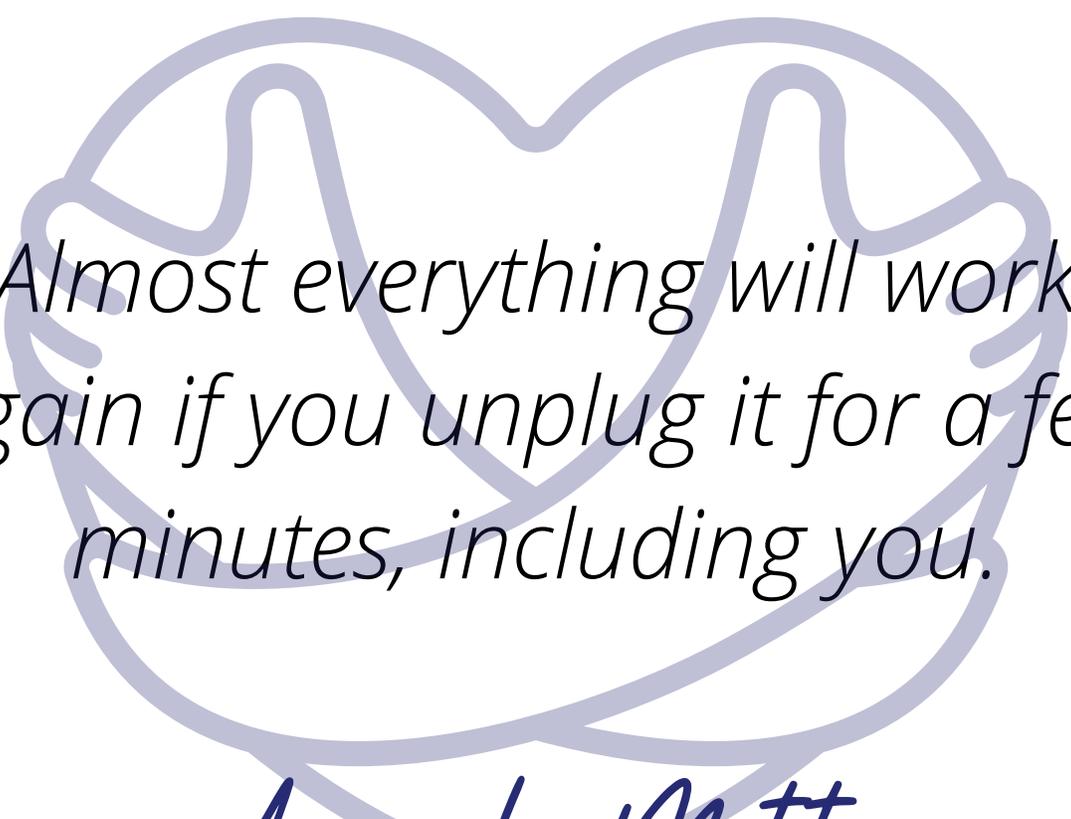


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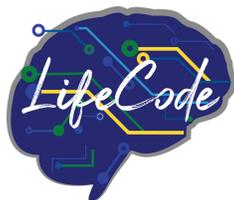
7 What are 3 of your best qualities?

Notes



*Almost everything will work
again if you unplug it for a few
minutes, including you.*

Anne LaMott



Write It Out

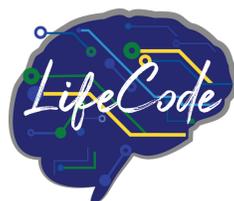


8 What do you currently do to relax?

Notes

Create a self-care schedule

1. WHAT CENTERS ME?
2. HOW CAN I INCORPORATE IT INTO MY SCHEDULE?
3. WHAT IS MY GOAL?
4. IS THIS WORKING?
5. WHAT ADJUSTMENTS DO I NEED TO MAKE?

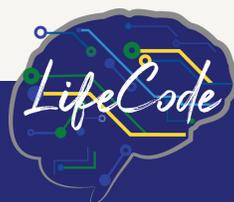


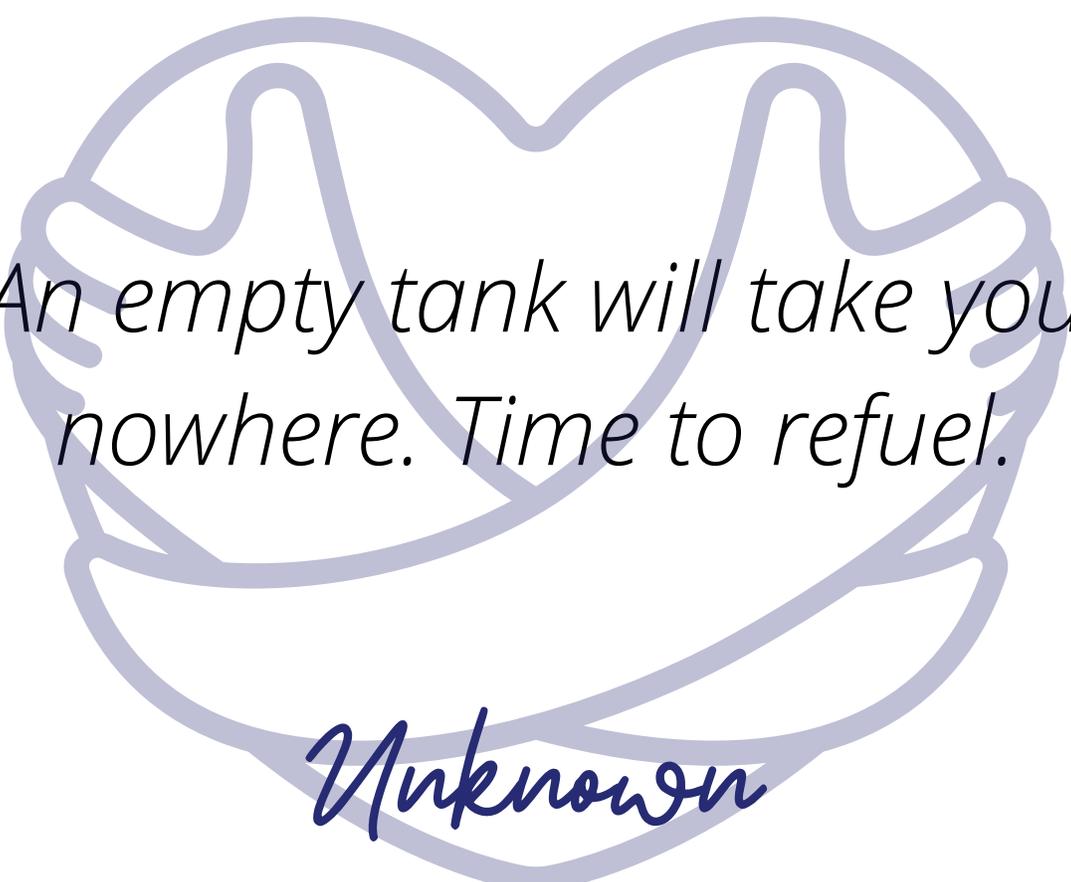
Write It Out



- 9 Create a self-care GO kit - list 7 to 10 things below that put you in a good mood, help you to focus and re-center when needed.

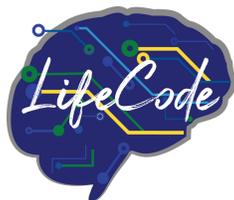
A large, empty white rectangular area intended for writing a list of 7 to 10 items for a self-care GO kit.





*An empty tank will take you
nowhere. Time to refuel.*

Unknown



Things to Remember

1

*Check in with yourself
and be sure to get time
away from others.*

2

*Ask for support if and
when you need it.*

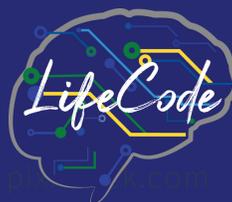
3

*Don't force yourself to
do anything you don't
want to do.*

4

*Do something that
inspires, motivates or
makes you happy every
day.*

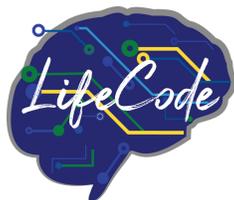
*Self-care is not optional.
It is mandatory and essential.*





*Self-care means giving yourself
permission to pause.*

Cecilia Tran



About



LifeCode is a personal development life design framework that helps others learn H.T.M.L. - How To Make a Life - and determine success on their own terms.

After realizing the very real and negative impact false beliefs and narratives can have on our lives, LifeCode was launched in 2018. I work with my clients to maximize their impact in four key areas of life: Personal, Relationships, Professional and Community. Each program is personalized, customized to your profile and feedback based on our sessions. Each unique LifeCode is compiled through our commitment to help execute your path to success.

My name is Yvonne Davenport-Perkins. I am an accountability and vision coach, New York City native, wife, homeschooler and mother of 3 young men. I have 20 years' experience in Business Administration and Project Management, I am an organizational specialist and expert planner.



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