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# Self-Care Guide

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## What is Self-Care?

Self-care is the practice of providing yourself the elements of love and kindness.

This practice extends beyond receiving a manicure or pedicure. In fact, it is all inclusive...holistic even.

This means that self-care encompasses all aspects of your life such as, social, spiritual, physical, mental and financial.



## Self-Care is...

Self-care is a selfless act.

If you were to listen to a friend and provide sound advice such as, "You have to do what's best for you."

Would that statement be selfish?

No! That statement would be the hallmark of a good friendship.

It's just as important for you to receive the same support. And it starts with you...to be your number one advocate and cheerleader.



## Benefits of Self-Care

Are you a great friend to yourself? If not, now is the time to start.

Plus, research has shown that there are a number of benefits as a result of the use of self-care, such as:

Reduced Stress

Improvement of overall health

Prevent burnout

Increase productivity

Improve relationships

Improve communication

Reduces mental health symptoms of anxiety and depression, as well as many other conditions.

## Positive Affirmations For Stress

1. What I am experiencing is a human emotion.
2. I deserve happiness and joy.
3. I am calm and at ease.
4. Tomorrow allows for new opportunities.
5. I am able to identify what is within my control in this situation.
6. Challenges are opportunities to learn what is important to me.
7. I have the resources I need to move through this stressful situation.

## Speaking of Self-Care

The way we verbalize the simplest of things in our lives can have an impact on how we perceive the world and ourselves.

The first appendages to develop in children in the womb are the ears--even at three weeks old after conception, we begin hearing information coming from the mother's environment.

As we age, our own knowledge of words becomes influenced by family, social groups, media and we absorb not only words but their meaning and how they are applied to us. Being aware of this impact and giving ourselves the positive words challenges the negativity we've absorbed.

- Add a visual prompt for a lunch break into your schedule and follow through with it.
- Dress up and take yourself out for the heck of it
- Call up a friend/ relative you have not heard from in a while
- Turn on an instrumental and write lyrics to it.
- Request a friend to attend an appointment with you to help reduce anxiety
- **Research local counseling resources- online, in person, text**

## Self-Care Ideas

To the left, I've provided a list of self-care ideas to help you get started.

WHAT 3 SELF-CARE IDEAS WOULD YOU ADD?

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*Check your email often for Self-Care Tips*



## Visualize Self- Care

Having ideas for self-care is great! But, it's even more important to apply the self-care techniques.

The best way to accomplish this is to write it out in a planner or calendar to help establish a time and day.

By scheduling self-care into your day, you reduce the guess work of when self-care will take place.

See... you are preventing stress before it starts!

Because I want to help you reduce stress, I added a bonus on the next page!



# RELAXATION SCHEDULE

## Weekly Plan

“Always make decisions that prioritize your inner peace.”  
~ Izey Victoria Odiase

| TIME     | MON               | TUES | WED | THUR | FRI | NOTES |
|----------|-------------------|------|-----|------|-----|-------|
| 08:00 AM | Guided Meditation |      |     |      |     |       |
| 09:00 AM |                   |      |     |      |     |       |
| 10:00 AM |                   |      |     |      |     |       |
| 11:00 AM |                   |      |     |      |     |       |
| 12:00 PM |                   |      |     |      |     |       |
| 01:00 PM |                   |      |     |      |     |       |
| 02:00 PM |                   |      |     |      |     |       |
| 03:00 PM |                   |      |     |      |     |       |
| 04:00 PM |                   |      |     |      |     |       |
| 05:00 PM |                   |      |     |      |     |       |
| 06:00 PM |                   |      |     |      |     |       |

Self-care activities are activities you do to maintain your good emotional and physical health. Many self-care activities you may already be doing as part of your day to day living. The goal of this worksheet is to set a aside time to address your self-care needs by assigning an appointed time to make self-care your priority.



# Self-Care Resources

## Meditations and Affirmations

<https://youtu.be/INH0U2M9paY>

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## Low Impact Exercise

Leslie Sansone's Walk At Home

<https://www.youtube.com/user/walkathomemedia>

Gaia Yoga

<https://www.youtube.com/user/aommtelevision>

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## Shop Self-Care Products

<https://www.asolutionb.com/products>

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## Financial Wellness

The Budgetnista

<http://thebudgetnista.com/>

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## Self-Care Resources II

### Holistic Health Techniques

Reiki for Stress

<https://bit.ly/2StcFfB>

Ear Acupuncture and Stress

<https://bit.ly/2Xt3Nwp>

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### Nutrition and Mental Health

Chat Trap Blog

[www.ASolutionB.com](http://www.ASolutionB.com)

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What are 3 resources you  
enjoy?

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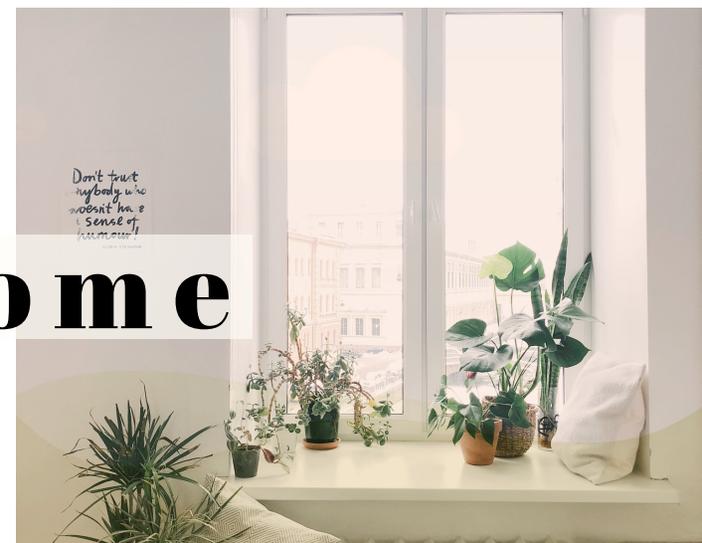
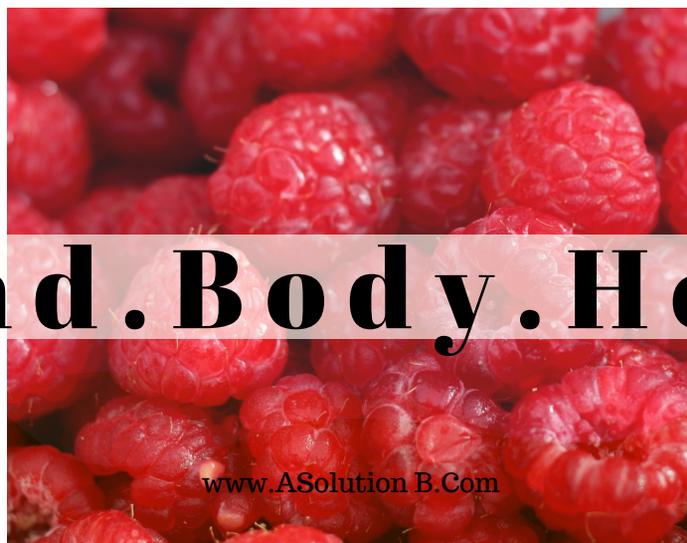
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