



happiness
through
self-care

CHECKLIST

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SELF-CARE ESSENTIALS

- Most of us do not care for ourselves as we should
 - Either we are actively harsh on ourselves
 - Or we are indifferent to our wellbeing
- We push ourselves
- We beat ourselves up for mistakes
- We give ourselves no quarter
- And we never just take the time to make sure we are okay!
- You would not treat another person this way!
- The idea of self-care is to look after yourself and to really take the time to develop your relationships

POSITIVE SELF-TALK

You are the one constant in your life, so it is crucial that you like yourself!

- Many of us do not, and we are constantly hard on ourselves
- Try switching your voice to a third person when describing your actions
 - This helps you to view them in a more detached manner and to treat yourself as well as you might treat another person
- More important is how you will fix the problem!
- Most of us place far more importance on the things that we don't like about ourselves/insults
 - So, spend time writing down things you do like about yourself. Write three things every day.
 - Likewise, write down any compliments you receive that make you feel good!
 - The act of writing these down will help to cement them in your mind

- Moreover, it will mean you have this list that you can now read through at any point in the future
- Try loving kindness meditation
 - This form of meditation is about closing your eyes and focussing on feelings of love and kindness toward yourself.
- Use positive affirmations. These are statements that make you feel better about yourself and your life.
 - Hang these as post-its around your home
 - Reading them in the short term will improve your mood
 - In the long term, you might internalize them and this positive outlook can become your default.

CBT AND MINDFULNESS

Many of us are too focused on the bad things in life/stress. We need to take time to nourish our minds and souls.

- Use CBT in order to train yourself to think about the way you are thinking
 - Identify negative thought patterns, criticisms, and look at where they are coming from
 - Learn to test those theories and build up a more positive self-talk, and self-image
 - CBT can be practiced on your own, or with the help of a therapist
- Use gratitude
 - Gratitude means writing down things that you are thankful for every day
 - This helps us to focus on what we already have
- Learn the difference between doing well and living well
 - Working harder is not always the answer
 - Learn to go after things that actually make you happy
 - Versus things you THINK you should want

- Have “you” time. Spend some time just enjoying life and the things you love doing.

PHYSICAL SELF-CARE

As you learn to change the way you think to become kinder to yourself, you should also learn to change the way you act.

This means physically taking care of yourself so that you are healthier and comfier.

- Dress well**
 - This will make you look and feel your best
 - But it will also send a powerful signal to others that can have consequences
 - This is called the law of attraction
 - It can also send a powerful signal to yourself – helping you to treat yourself with more respect
- Likewise groom yourself properly**
 - Again, this helps you to look and feel your best
 - But it also means again that you are pampering yourself and treating yourself well
 - Have a long soak in the bath, light candles
 - You won't just look better, you'll feel better and will have a healthier glow
- Get 8 hours of sleep every night**
 - This is non-negotiable!
- Exercise**
 - This will help you to look and feel even better
 - But don't overdo – the aim is not to punish yourself!
- Eat well**
 - Treat yourself, but do so with healthy snacks
 - These will raise your mood in the short term but without a subsequent crash that is associated with junk food.