



Self Care:  
Because You're  
Worth It!



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# Thought Challenging

Thought Challenging is a simple technique that has powerful results in reducing stress and anxiety.

Below are two techniques you can use. Keep practicing and adjust these techniques to find the best practice for you!

## 1. The ABCDE Technique

**A**ttention - When you begin to feel distressed, stop everything and start paying attention to you. What is your mind telling you?

**B**elieve - Don't automatically believe your thoughts!

**C**hallenge - Broaden your focus. What is the bigger picture? Are your current thoughts fact, or opinion? If you were feeling calm right now, how would your thoughts be different?

**D**iscount - Acknowledge that your thinking has been clouded by your emotions. Let the the unhelpful thoughts go.

**E**xplore options - What would be helpful to focus on right now? What are my options?

## 2. The THINK Technique

**T**True? - Are my thoughts right now 100% true? If not, what is fact and what is opinion?

**H**Helpful? - Is paying attention to the thought(s) helpful to me or others?

**I**Inspiring? - Does the thought inspire me, or does it have the opposite effect?

**N**Necessary? - Is it important for me to focus in on the thought and act on it?

**K**Kind? - If this thought is not kind, what would be a kinder thought?

Focusing in on your own inner dialogue can feel strange at first. Over time, it will begin to feel easier. Writing down your thoughts rather than doing your thought challenging in your head is a great way to truly reflect and think on your thoughts and mind set!

# Self Care Activity Ideas

- Start a journal - you can find lots of journal prompts online if you aren't sure where to start!
- Browse for some new recipes to try, and plan your meals for the week!
- Do the [7 Day Happiness Challenge](#) from Action for Happiness
- Set aside alone time in your week to have a movie night, complete with your favorite snacks and drinks
- Rediscover old music you use to love - take time to create a playlist dedicated to all your old favorites!
- Start a blog
- Reorganize or redecorate your living space
- Make a list of books you want to read this year
- Learn a new skill - YouTube is a great resource for learning all kinds of new skills!
- Search Pinterest for fun craft or DIY project ideas
- Make plans to catch up with friends and family over video chat
- Make a bucket list
- Find a new exercise video or create a workout plan and get moving!
- Do some gardening
- Write a poem or short story
- Break out your crayons, colored pencils or markers and color!
- Start a bullet journal - this can combine planning, coloring, doodling, writing and more
- Take time to update your CV
- Learn some basic yoga poses - YouTube has great videos that are easy to follow!
- Start planning Christmas or birthday gifts for the rest of the year
- Make a list of things you're looking forward to when the pandemic is over
- Watch [TED Talks](#)
- Do some baking
- Connect with a pen pal by snail mail or online!
- Plan a camp out in your own backyard
- Have a DIY spa night at home - see page 6 for recipes and ideas you can use on your own or with family members!

## Maintaining Structure

Maintaining structure when your normal routine has been altered is great for your mental well being. Routine helps you to maintain your sense of control of the situation.

Tips for Structure:

- Schedule regular breaks - grab a fresh cup of tea or coffee, stretch, or take a walk around your house
- Write down your goals - each week, write down your goals for that week, so that you can be mindful of those goals throughout the week
- Make a to-do list - doing this each day will help you to prioritize your tasks to make the best use of your time. Don't forget to cross each item off as you complete the task!
- Tidy your Workspace - at the end of each day, de-cluttering your space will help you begin the next day with a clear mind, and allow you to better focus on that day's to-do list
- Keep a regular sleep schedule - this will not only improve your sleep, but also your state of mind for the following day
- Create an end of work ritual - this could be as simple as changing into comfier clothes once work is done, or putting on some music. Keeping a work-life balance is important!
- Start a weekly family tradition - this is a fun way to relieve stress, and encourage family time. Setting up a movie night, or a special themed dinner, or having a competitive game night are all fun ideas!
- Be kind - with added stress comes added tension and agitation. Be sure to not only be kind to other, but also be kind to yourself. Be mindful that you can only do your best!

## Daily Gratitude

Research shows that starting a practice of daily gratitude has a lot of benefits. These can include reducing stress and anxiety, boosting your mood, and even improving your sleep. A simple way to begin your daily gratitude practice is to keep a gratitude log.

Each day, set aside a few minutes specifically for focusing on something you are grateful for. You can go into as much or as little detail as you would like, just be sure to focus fully on taking this time to be grateful.

# DIY Spa Night Ideas

Creating your own Spa night at home is easier than you might expect! On this page you will find a few sample ideas to get you started, whether you are holding a spa night just for yourself, or for you and your family members too!

## 5 Steps to Creating a Spa Night:

### 1. Stage the Evening

- First, clear out the clutter from the area you are using. Light some of your favorite candles, and set up a playlist of soothing music. Grab a cozy robe, soft towels and washcloths, and be sure to have cold water available. You can even jazz up your water with cucumber slices or lemon and mint!

### 2. Start this time with a face mask

- If you do not have a store bought face mask to use, you can make one at home with 3 simple ingredients. For one face mask, you will need 1 egg white, 1 tablespoon of honey, and a splash of lemon juice. Mix everything together well, and apply in a layer over your face. Be careful to avoid your eyes!
- For added relaxation, use two cucumber slices to cover your eyes while you let the mask do its work.

### 3. Give your hands some TLC

- Take time to file and shape your nails. Be sure to file in one direction! Once prepped and ready, grab your favorite colored polish. While your nails dry, pop on a movie or play an episode of your favorite show. At the end of the evening, massage your hands and cuticles with a hand cream, to seal in moisture.

### 4. Focus on your Feet

- A foot soak will help you relax, and leave your feet softer, healthier and refreshed. You will need 1 cup of Listerine, 1 cup of white vinegar, and enough warm water to cover the tops of your feet in the bowl or pan that you choose to use. Let soak for 20-30 minutes, then remove your feet and exfoliate!

### 5. Relax in a warm bath

- You can use bubbles, a bath bomb, mineral salts or essential oils to customize this step! Grab a book or magazine, put on your relaxing playlist, and relax!

## Additional Resources

There are so many ways to work on improving your mental wellbeing. While we have more time at home, this may be an excellent opportunity to invest in yourself.

- [The Mental Wellbeing Toolkit](#) - offered by The Wellness Society, this is a set of tools designed to help you to improve your mental health and wellbeing.
- [Free Online Meditation Resources](#) - this resource focuses specifically on meditation resources during times of social distancing.
- Dr. Russ Harris has a free e-book available - [Face COVID: How to respond effectively to the Corona crisis](#)

This guide was created using ideas and resources cited in The Wellness Society's Coronavirus Anxiety Workbook.