

Discovering Self-Care

WORKBOOK

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Self-Care
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*“Sometimes the bravest
and most important thing you can do
is just show up.”*

- Brené Brown





WELCOME

You are enough



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*"Inner strength begins
with
Self-Compassion & Kindness"*

- YogaRogue

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WELCOME

This is a journey.

It is your journey - a journey to support professionals in need of self-care, self-awareness, self-nourishment.

The journey of self-care is to combat stress, overwork, overwhelm.

This workbook was created to use alongside the sessions or programme. However, the workbook can also be used stand alone, with suggestions for the activities, rather than the resources being provided from the sessions.

You may be following the course or programme or you may be following your own individual journey, or perhaps even a combination of both!

Whatever your path, this workbook is for you to use as you wish, but hopes to guide you a little.



*"The journey of a thousand miles
begins with one step."*

- Lao Tzu





DREAMS

INTENTIONS COME FROM DREAMS

What do your dreams look like?

Having dreams, desires, aspirations are always a good thing. They give us things to consider as we develop and grow. Dreams may be small, or huge, but equally valuable.






NAMING SUPPORTS

SUPPORTS ARE SOMETIMES HIDDEN

What do your supports look like?

What are the things in your life which support you? They may be family members or friends, they may be pets, they may be groups you belong to, they may be your inner self.



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NAMING CHALLENGES

CHALLENGES COME IN MANY FORMS

What are the challenges you are facing?

What are the things in your life which challenge you? write down what you wish to, so you can consider them bit by bit.



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CHALLENGING CHALLENGES!

ANSWERS COME IN MANY FORMS TOO

What are the strategies in your life which help?

What are the approaches in your life which help you tackle those things which challenge you? Write down as many as you think of, and keep adding to them.



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SELF-TALK


HOW DO YOU TALK TO YOURSELF?

Do you talk to yourself as you would to someone else?

Do you find you judge yourself too harshly?

Do you 'speak to yourself' with kindness?

How would you like to speak to yourself?



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STRENGTHS

WHAT ARE YOUR STRENGTHS?

Are you aware of your strengths?

Can you list your strengths, ask others, see what others see?

Bring your own awareness to your strengths.



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PRACTICES

Practices to bring kindness to yourself!

Within each section you will be prompted to consider a number of practices you may wish to do. Everything is an invitation; You only need to do what you would like to! Guided practices are offered within the programme and also on the YogaRogue YouTube channel.

Examples of practices are below:

Self care/love practice

- a bath, a massage, reading a book.

Mindful activity

- mindful walking, mindful knitting, mindful jigsaw

Physical practice

- swimming, yoga, martial arts, gentle stretching

Embodiment exploration

- specific embodiment practice exploration

Meditation

- guided, self led.

PRACTICE CATEGORIES

SELF CARE PRACTICE

MINDFUL ACTIVITY

PHYSICAL PRACTICE

EMBODIMENT EXPLORATION

MEDITATION