

TAKING CARE OF YOURSELF



Taking care of yourself

You're worth it!

Increasing your awareness

When you're going through a difficult period and you're feeling bad, sad or mad - you're at risk of neglecting yourself and your immediate environment.

If that's happened to you, it's time to take control. That requires you to refocus your attention. Shift it away from the problem and invest it in healing yourself.

This gets you back into the driving seat of your life - and back in control. It also ensures that you spend less time wasting your precious energy by continuously mulling over your troubles. Just think what you could achieve when you can *choose* what to do with your energy instead!

Banish the old - in with the new

Use this list to check on yourself. Imagine you're checking up on your best friend.

I have to tell you, I couldn't answer *all* of these with a yes! When times are tough, for whatever reason, I notice how easy it is to let some things slip.

So, please don't give yourself a hard time whilst doing this activity. This is just to set you up for making positive changes.

Tick the statements that already apply to you and keep this list at hand over the next couple of weeks or months to check your progress.

I take care of myself

- I educate myself about healthy living
- I ensure that I eat a healthy nutritious breakfast
- I ensure that I eat a healthy nutritious lunch
- I ensure that I eat a healthy nutritious dinner
- I ensure that I eat healthy snacks - most of the time
- I drink plenty of water
- I refrain from drinking cola or other dodgy drinks
- I drink alcohol only occasionally and don't binge
- I don't harm myself in any other way
- I take care of my appearance

- I wash, and clean my teeth twice a day
- I take care of my hair
- I make sure I stay warm and dry when I walk out of the door
- I'm walking for at least half an hour a day, and/or do other sports
- I spend time on my favourite hobbies, or take 'time out' in other ways
- I spend time with my family
- I invest time and energy in my friendships
- I make sure I do something that stretches me physically and mentally
- I stand up for myself - even if I have to start with tiny steps
- My car is in good order - safe and pleasant to drive
- I do whatever I can to make the commute to work bearable

I take care of my home

- The entrance to my home is inviting, organised and free from clutter
- My bathroom is clean, the cupboard doesn't contain anything I don't ever use
- My kitchen is clean and free from clutter
- My kitchen cupboards are well-organised and clean
- My bedroom is free from clutter
- My bed linen is clean and I make my bed every day
- My wardrobe doesn't contain anything I haven't worn for a year

- My lounge is free from clutter and is clean, cosy and inviting
- My outdoor space is as beautiful as it can be
- I surround myself with beautiful things

I watch my attitude towards others

- I don't gossip
- I do my best to treat everyone I come into contact with respect
- I don't unduly judge other people
- Whilst I'm still healing I protect myself as well as others - by not over-committing myself to others or interfering in their lives in any way, other than by fulfilling my obligations

Clear your Path

Choose 5 things from the above that you want to achieve, and write them down in the box on the next page.

Of course, you're free to choose fewer or more activities if you want to.

<i>What do you want to achieve?</i>	<i>How will you achieve it?</i>
1.	
2.	
3.	
4.	
5.	