



W O R K B O O K

The Guide to Self-care

This workbook shares tips and is designed to help you understand self-care better. When we do take better care of ourselves and our needs is when we're best able to show up for all of the other people and responsibilities in our lives. Keep this guide handy for when you need it.

Love,

Nepa Ali





Introduction

The concept of self-care is one we're hearing about more and more lately. The world today often feels out of our control and many people are struggling with feeling disconnected, stressed and anxious about the future. Everyone seems to be seeking some self-care tips that can serve benefit to the mind, body and soul.

When you practice self-care physically, emotionally and mentally, you become better able to pursue your goals and enrich the lives of the people around you. You're able to focus on the good in life, increase your resilience and see light where you used to see darkness. Then you can make a positive impact on the world.

Best regards,

Nepa Ali

Get to Know About Self-care

Self-care is taking steps to tend to your physical and emotional health needs to the best of your ability.

Taking care of yourself does not mean being selfish or indulging yourself. Self-care means taking care of yourself so you can live a healthy, fulfilling life, do your job, help others, and accomplish all that you want to accomplish in a day.

You can take care of yourself by doing things you enjoy so you can remain physically, mentally, and emotionally healthy for the rest of your life. It's beneficial in many ways, including better health and well-being.

Mental health should be top priority. When you prioritize yourself, you not only ensure you are the best “you” possible, but you also reinvigorate yourself. You have more energy and joy to give in other areas of your life.



Self-care Plan



GOALS FOR MY MIND

- ▶
- ▶
- ▶
- ▶

● MIND

Mental health

Mindfulness and self knowledge

Soul

Stimulation and fulfillment

GOALS FOR MY BODY

- ▶
- ▶
- ▶
- ▶

● BODY

Self-care

Basic hygiene and body care

Improvement

Exercise, sleep and healthy food

GOOD RULES & HABITS I WANT TO LIVE BY



Practicing Self-care

Self-care is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well. Its benefits are better physical, mental, and emotional health and well-being.

Self-care can take many forms, but it always promotes you and your health. Remaining on track with your sleeping schedule, eating healthily, spending time outdoors, participating in a hobby you enjoy, and expressing gratitude are all examples.

Start by choosing one self-care practice per week to weave into your daily routine. Observe any positive changes and add in more when you feel ready.



Self Care Tips



Self-care looks different for everyone. What's soothing to one person could be stressful to another. An extrovert may find that socializing with friends is an excellent form of self-care while an introvert would find this draining. However, there are some tips that work for the majority of people and will help you begin to picture your own answer to "What is self-care?"

1. MOVE YOUR BODY
2. DO A BREATHING EXERCISE
3. MAKE TIME FOR A HOBBY
4. WRITE IT DOWN
5. EAT NUTRITIOUS FOODS
6. TALK ABOUT IT
7. MEDITATE/YOGA
8. COMPLIMENT YOURSELF

You First!

MOVE YOUR BODY



The mind-body connection can't be denied. When your body feels good, your mood is good. A great emotional state, it shows in how you move your body.

BREATH WORK



A quick 2 minute breathing technique allows you to divert from stress. By eliciting the body's relaxation response, deep abdominal breathing helps reduce blood pressure.

MAKE TIME FOR YOUR HOBBY



Self-care isn't about skincare. It's about making time to show up for yourself, in the way you need it most. Be your bestfriend.

WRITE IT DOWN



Writing down your emotions helps to rationalize them and get a clear vision as to how you can cope with them

TREAT YOURSELF TO NUTRITIOUS FOODS



Our bodies need to be functioning properly, we need to take the best care of them possible.

TALK ABOUT IT



Talking about whatever worries you might also give you another, preferably more logical perspective.

MEDITATE A WHILE



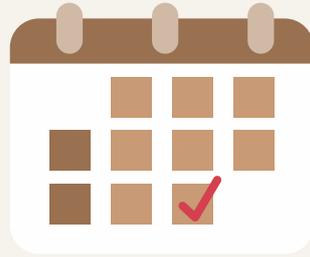
Meditation is the key to the self-care habits that will save you from a day filled with stress.

COMPLIMENT YOURSELF



Focus less on your image and more on who you are. Take notice of your inner strengths/beauty. Rule #1 to self-care: love yourself.

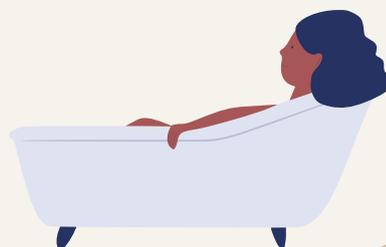
SCHEDULE IT IN



We often make excuses for why we can't practice self-care: we don't have the time, we don't know what to do, we'd rather be marathoning Netflix or cleaning the house. If you're not used to taking care of yourself, it may be difficult at first to figure out what self-care tips work for you. If this is the case, you'll benefit from scheduling in "me time" on a daily or weekly basis.

Reserve 20 minutes in the morning to read or meditate. Block off one evening a week to indulge in a long bath or visit with a friend.

These are great ways to keep yourself on track and make self-care part of your regular routine. It's also important to let those close to you know what you're doing so they can be supportive of your new self-care practices.





Self-care Quiz

There are no right or wrong answers; simply respond as you see fit and see what you discover about yourself.

- Score 2 points for each 'Yes', 1 point for each 'S / Sometimes' and 0 point for 'No'.

	Yes	S	No
1. I am up-to-date with my health check-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am happy with my physical fitness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I eat well nutritionally most of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have plenty of sleep and feel well-rested	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I take regular breaks from my work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I say "No" to others when I need to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I have forgiven my past mistakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I know what I am passionate about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have things to look forward to in my life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your total score _____

What did you learn about yourself?

PRO TIP #1

Learn to say NO



Knowing when to say “no” is one of the self-care tips that people have the most trouble with. Between work and your personal life, it feels like you’re always saying “yes” when people ask you for something. It can be rewarding to have a full calendar, but it’s also important to know when to say “no.” If you’re feeling run down or spread thin, grant yourself the ultimate luxury: downtime.

By taking the necessary time needed to recharge, you’ll boost your energy and be able to return to your regular schedule with increased energy and attitude. Carefully choose when you say “yes” and make sure you are only agreeing to activities or requests that align with your values or bring you happiness. When following your passion is one of your self-care activities, you seamlessly create a business and life you love.

PRO TIP #2

Practice Focus & Gratitude



Self-care doesn't always have to involve making major changes to your lifestyle. All you have to do is find a few minutes to reflect each morning. Instead of reaching for your phone or hitting the snooze button when you wake up, use a priming routine. This 10-minute exercise requires you to become conscious of your breathing, practice gratitude, visualize what you want and focus your newfound positive energy on accomplishing goals that are important to you.

Creating a morning routine can help you to stay on track and centered throughout the day. It can also help you deal with challenges as you learn that even the biggest roadblocks can be reframed into an advantageous opportunity. Operate less on auto-pilot and more from an intentional state of being.

You control the tone of each day and the direction it can go.

PRO TIP #3

Do Something Fun!



To answer the question “What is self-care?” ask yourself another question: When was the last time you felt pure joy? Maybe your favorite song came on and you danced around your house or sang at the top of your lungs in the car. Maybe you got completely “in the zone” working on a new piece of art or a project around the house. Or you took a road trip to a completely new place, or got your adrenaline going with a new fitness workout.

When we’re stressed, it’s easy to forget that self-care means doing things that bring us joy. With many of our go-to fun activities no longer available to us or shifted online in a socially distanced world, it’s hard to get in the mindset of having fun for its own sake. So step away from the computer. Don’t check your email this weekend. Forget what the world wants you to be concerned about. Go do something fun!

CONNECT TO YOUR
COMMUNITY

Aka your evolve family



A great way to feel emotionally strong and resilient in times of stress is to feel connected to an uplifting community. What's even better is having a supportive community that shares common goals and aspirations. Second to that is being able to talk it out in a safe space where you can be you. Unfiltered and honest about what you're going through without the fear of judgement. Judgement is the #1 thing causing people to suppress their emotions and box themselves leaving very little room for solutions or help. It's not easy being open with immediate family and friends - especially if they don't understand or relate to your lifestyle/goals. Evolve Nation brings people together who share the same interest of evolving. We're all on a journey seeking opportunities to grow and expand our mental and physical capabilities. We're not waiting around for success to come, we're creating and chasing them down! This is the type of energy you need to continue to be apart of. The type that experiences negativity but doesn't cling on it. The type that experiences bad, but focuses on good. Stay connected to those people. Energy attracts.

ONLY GOOD DAYS!

Love,

Nepa Ali