

The cover features a decorative border composed of overlapping gold-colored geometric shapes, primarily hexagons and pentagons, creating a frame around the central text. Interspersed within and around this frame are various floral illustrations. On the left and top, there are pink cherry blossoms with green leaves and small red buds. On the right, there are more pink blossoms and small red buds. At the bottom right, there is a branch with small orange flowers and green leaves. The background is a light cream color with large, soft brown organic shapes in the corners.

W O R K B O O K

# The Guide to Self- care

*Written by*

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Fearless Latina -Lifestyle Blog



# Hola & Gracias

As busy, mindful people, it's easy to neglect our own self-care as we focus on multitasking activities. We sometimes forget to devote the same amount of energy to ourselves.

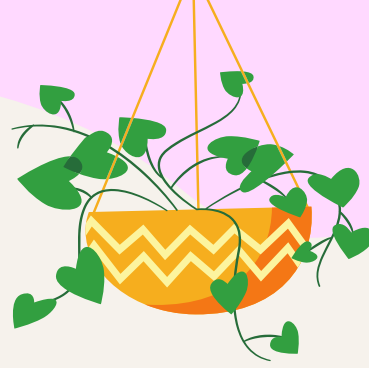
Making self-care a priority is critical for our physical health, emotional well-being, and happiness. We must first take care of ourselves in order to help others. We can live to our full potential as powerful beings when we are happy and healthy. We are true WARRIORS who serve as powerful role models for our families, friends, children, partners, and everyone around us. We need to appreciate and love ourselves.

I hope this workbook inspires you to prioritize yourself. It is time for you to focus on yourself, which does not imply that you are selfish. You are incredible, and you make your own happiness.

With Love & Gratitude,

*Lisa*

# Discover About Self-care



**You must take care of yourself in order to maintain your mental and physical health.**

Taking care of yourself, as I learned in graduate school, does not imply being selfish or indulging yourself. I define self-care as taking care of yourself in ways that make you happy so that you can live your life, do your daily tasks, live a healthy lifestyle, and get everything done in a day.

The advantages of self-care include being able to enjoy things more calmly and becoming more aware of your body's needs. Your self-care practices can improve your physical, psychological, mental, and emotional well-being.

To achieve self-care, you must first take care of your own physical well-being, which includes eating nutritious foods, maintaining good hygiene, and visiting your doctor on a daily basis. Take care of your own health and stress management.





# Self-care Plan



## GOALS FOR MY MIND

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## GOALS FOR MY BODY

- ▶ .....
- ▶ .....
- ▶ .....
- ▶ .....

## GOOD RULES & HABITS I WANT TO LIVE BY



## ● MIND

### **Mental health**

Put your phone away, mindfulness and gratitude practices, and read a new book

### **Soul**

Spend a day in nature and Hang out with your pet

## ● BODY

### **Self-care**

Basic hygiene, and take a nap

### **Improvement**

Exercise, drink lots of water, and have a dance break



# Practicing Self-care

Self-care is defined as anything you do to take care of yourself in order to stay physically, mentally, and emotionally healthy. We can improve our physical, mental, and emotional health and well-being by practicing self-care.

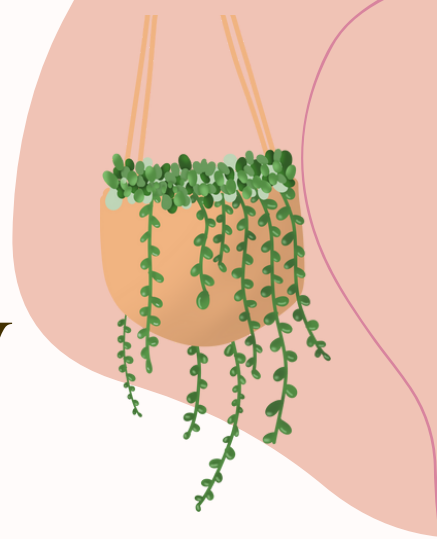
Self-care, in any form, benefits your health and well-being. In addition to getting enough sleep, eating healthily, getting outside, doing something you enjoy, and expressing gratitude.

Choose one self-care practice to incorporate into your daily routine each week. Keep track of any positive changes you notice and be proud of all of your accomplishments.





# Developing successful habits every day



This tool assists you in developing a simple personal framework based on your priorities, stressors, and habits, as well as identifying ways to feel calm and confident.

**LIFE'S PRIORITIES**

**LIFE'S STRESSORS**

**WHAT HELPFUL DAILY HABITS COULD YOU IMPLEMENT?**

(Make a list of specific and measurable actions that will best support your life.)

**HABITS**

**BENEFIT TO ME**

**WHICH THREE HABITS WILL YOU COMMIT TO?**

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# TAKE A MOMENT TO REFLECT *take action!*



**NOTE:** Write down whatever comes to mind.

- 1. Tolerances**                      **How are you currently handling things?**
  
- 2. Shoulds**                        **What do you believe you should do right now?**
  
- 3. Frustrations**                **What is it that upsets you?**
  
- 4. Desires**                        **What do you really want right now?**
  
- 5. Feelings**                       **What are your current feelings?**

**Take a moment to consider your responses and how you want to proceed!**

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