

Focus on your *Self-Care*



This brochure introduces you to the *"Focus on your Self-Care"* series, providing information on the importance of your self-care, as well as an introduction to three supporting exercises, The Self-Care Test, The 5-2-21 Method, and Reflection Sheet

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Managing your *mental health* in everyday life

"Self-care? Yeah, I'll do that when I'm on holiday."

Have you ever said something like this to yourself? Self-care isn't something you should put off until you're on holiday or leave until the weekend. Self-care is continuous – it's adopting a grateful and more positive attitude towards yourself:

"I'm worthy of self-care, and I owe it to myself to always take care of myself and make sure that I'm doing well."

Think of self-care like looking after a beautiful plant in your home. You wouldn't say: *"I'll just water it when I have time, maybe at the weekend, it will just have to make do until then."*

No, the plant needs regular care to survive and be able to grow. It needs careful attention: Is it too hot? Does the plant need more water today? Or more shade? Would a bit of heat and sun do it some good today?

The same applies to you in your everyday life. If you want to look after yourself in a healthy way, then you must be in touch with your needs so you can be there for yourself. Sometimes you'll need to be loving towards yourself, other times motivating, or comforting, but you should always try to be attentive.

Self-care can be challenging, and our everyday life is packed full of expectations, tasks, and demands that others have of us. We can also put pressure on ourselves, so it's important that you know how and when to make healthy changes in order to take care of yourself.

All the best,
Gunda



Gunda Tibelius *Mental Trainer & Systemic Business Coach*

Gunda Tibelius is a mental coach, systemic business coach, and communication trainer. Her fascination with our own mental strength developed in her early years during her time playing competitive sport. While studying at the German Sport University of Cologne, she was able to reinforce her personal experiences with research conducted at the Institute of Psychology. She understands theory and practices for distancing oneself from external stress factors, strengthening resource-based awareness, and establishing a targeted and powerful focus.

Focus on your Self-Care with *The Self-Care Test*

Self-care reflection questions:



The Self-Care Test, which is part of the "Focus on your Self-Care" series, invites you to look at 12 areas of your everyday life and reflect on a range of questions related to them. These areas range from diet and exercise to personal development and self-worth, and the test will help give you an overview of your current self-care in your everyday life. The test will visualize how you are doing in each area, so you can easily recognize where you are already good at caring for yourself, versus other areas where there's room for development. This test is designed to be repeated every six to eight weeks, to help you expand and strengthen your self-awareness of your needs.

Use the template within The Self-Care Test file - all you need is a pen and then you can get started!

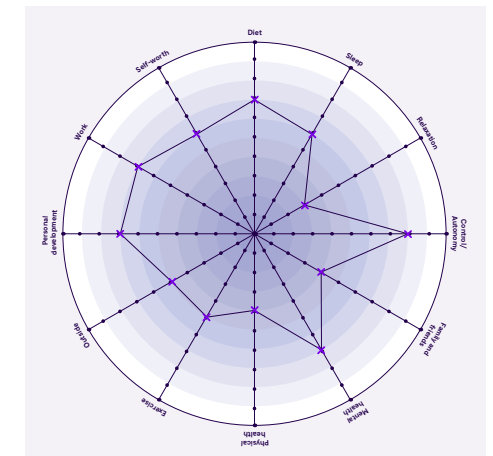
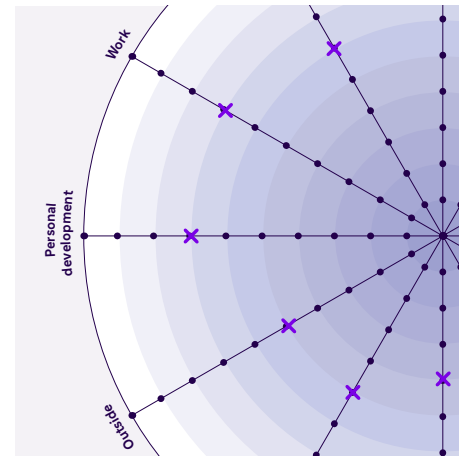
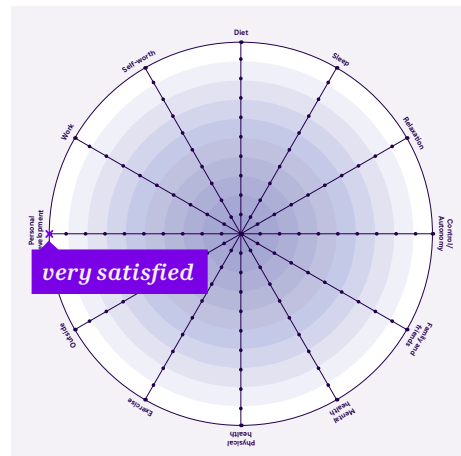
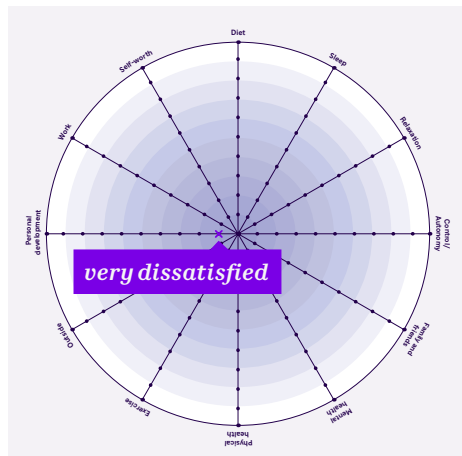
The test template features a circle divided into 12 equal sections. Each line spanning the circle is divided into 10 sections. The scale ranges from 1 or "very dissatisfied" closest to the center to 10 or "very satisfied" on the outside of the circle.

Tip:

The next time you're in a stressful situation, take a moment to observe your thoughts. Focus on how you speak to yourself, and consider the following:

- Are you being kind and supportive?
- Do you diminish yourself?

It is important to always be attentive and talk to yourself kindly - as if you're talking to your best friend.



The image above shows how your completed test sheet might look.

Focus on your Self-Care with *The 5-2-21 Method*

How to integrate positive thought patterns into your everyday life:

"Was there a moment today that made you feel happy?"

Life can be challenging, and you may face struggles or setbacks, which can have a negative impact on you emotionally. In these moments your thoughts are always with you – there can be up to 80,000 thoughts in your head each day!

A lot of our thoughts are repetitive, and unfortunately can often be negative. If you mainly notice the negative things in your life, it doesn't mean that there is nothing positive happening, you just aren't focusing on them or taking notice in that moment.

"When I look at myself and my everyday life from the outside, what do I like about it?"

The 5-2-21 Method, which is part of the "Focus on your Self-Care" series, is a simple exercise that is designed to help you to establish new and powerful thought patterns in your everyday life, by taking five minutes for yourself every day for 21 days. Just like going to the gym, day-to-day improvements may be small, but your everyday focus can start to gradually change and become more positive.



Five minutes per day for 21 days

The exercise involves taking five minutes each day to reflect on two small moments which brought you a positive feeling. These moments may previously have been ignored or went unnoticed, but the exercise should help to focus your attention on how they affected both your mind and body.



Take note of *two positive* thoughts each day

"Which two small things today made me happy, proud, or just made me feel good?"

Tip:

Remember that each day these self-care practices should become easier. Just like physical exercise, mental training requires a similar level of commitment, and it can start by investing just five minutes a day.

Read *The 5-2-21 Method* and give it a try!

"How did this positivity make me feel physically and emotionally?"

Focus on your Self-Care with the *Reflection Sheet*

Understanding your four basic *psychological needs* and what you can do in your everyday life to meet them.

Becoming more aware of our four basic psychological needs can play an important role in our mental health. You may not be able to always meet each of these needs, and everyone experiences situations differently, but we can take steps to try and fulfill our needs. The four basic psychological needs are:

- Attachment and belonging
- Orientation and control
- Enhancing self-esteem and recognition
- Pleasure and avoidance of pain

Use the Reflection Sheet, which is part of the "Focus on your Self-Care" series, to help you reflect on what makes you feel good in everyday life, and which psychological needs are met by these. You can then start to recognize how often you are doing these things in your everyday life and set a plan for the next three weeks to improve an area you've identified.

What I *enjoy* and what makes me *feel good*:

	Attachment & belonging	Orientation & control	Enhancing self-esteem & recognition	Pleasure & avoidance of pain	In my <i>everyday life</i> , I do this:			
					Never	Rarely	Quite often	Regularly
<i>Having all my questions answered by the doctor</i>	X	X		X	☆	★	☆	☆
<i>Taking time to relax</i>		X		X	★	☆	☆	☆
<i>Cooking something nice</i>		X	X		☆	★	☆	☆
<i>Having a nap</i>	X			X	☆	☆	☆	★
					☆	☆	☆	☆
					☆	☆	☆	☆

In the next *three weeks* I intend to:

I intend to take one break every day in the afternoon.