My Little Book of Self Care

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On a scale 1-10
(1-low; 10 high)

Where are you now?

1 2 3 4 5 6 7 8 9 10

Where do you desire to be?

Ask:

“What can I do to change this?”
i am...
What are you doing to create a delicious life?

Teri Karjala
The best way to define afformations is to compare them with affirmations. Afformations, just like affirmations, focus on the positive. The key difference however, is asking a positive question rather than using a statement.

Example:

Why is it so easy to take care of myself?

__________________________________________

__________________________________________

__________________________________________

__________________________________________

__________________________________________

www.noahstjohn.com
Affirmations

An affirmation is a positive phrase used in the present tense used to attain a goal. They are you being in conscious control of your thoughts. They are short, powerful statements. When you say them or think them or even hear them, they become the thoughts that create your reality. Affirmations, then, are your conscious thoughts.

Example: I love and accept myself.

_____________________________________

_____________________________________

_____________________________________

_____________________________________
Aromotherapy

The art of healing through the use of plant fragrances. Each scent stimulates an array of emotional, psychological, and physical responses.

**Anxiety:** Orange, Ylang Ylang, Lavender

**Concentration:** Lemon, Cedarwood, Lavender

**Depression:** Franksincense, Lemon, Ylang Ylang

**Fear:** Orange, Valor, Gratitude

**Agitation:** Cedarwood, Lavender, Peace & Calming

**Refreshing/Stimulating:** Peppermint
Basic Self Care

- Eat regular, nutritious meals
- Get regular, adequate sleep
- Practice good sleep hygiene
- Drink adequate amounts of water
- Get regular exercise
- Get medical/dental care as needed
- Get some regular fun and recreation
- Take any medications as prescribed
- Maintain grooming and hygiene
Breathing

Deep breathing exercised should be deep, slow, rhythmic and through the nose, not through the mouth. The most important part of deep breathing has to be regulating your breaths on the in and out breath.

Benefits:

- Detoxifies and released toxins
- Relaxes the mind/body and brings clarity
- Relieves emotional problems

Exercise:

Refocus on calming breathes

1) Breathe in through your nose;

2) Hold for eight counts;

3) Exhale through your mouth while counting to eight. Repeat 8x.
Brain Gym

Cross Crawl
- Left-right hem. Integration
- Centering/Grounding

Hook-ups
- Increased Attention
- Centering/Grounding
Celebration

“The more you praise and celebrate your life, the more there is in life to celebrate.” Oprah Winfrey

Celebrate every day for being your amazing. Celebrating can be big or small. I can only imagine how better off our world would be if we gave ourselves permission to celebrate ourselves and each other more. WOW! That makes my heart smile!😊

Hand clappers please!

“We are born a rockstar and we stay a rockstar so celebrate your amazingness!”

Teri Karjala
Energy Tools

Self Sabotage

1. Tap side of hand 15 times

2. Bring right hand to collar bone (with thumb and first 2 fingers) and rub; left hand-index finger in belly button.

3. Bring left hand to collar bone (with thumb and first 2 fingers) and rub; hand hand-index finger in belly button.

4. Tap under nose 50 times

5. Tap under lower lip 50 times

www.accessconsciousness.com
Energy Tools

When exciting things happen:

Wahoo! What else is possible?

What great thing can I create and generate now?

Anytime in doubt:

Interesting point of view that I have that interesting point of view (3x)

Questions to ask:

Does it get any better than this?

What contribution can I be and receive today? (3x/day)
Gratitude

Gratitude is one of the highest ranking emotions, right up there with love. You will find that the more gratitude you send out into the world, the more you will receive in return.

- Tips for celebrating/gratitude:
  - Create a gratitude journal.
  - Spend time in the AM/PM for bed sharing what you are grateful for.
  - Tell people why you are grateful for them.
  - Adopt a “send a thank you card a day” routine.

“Fill yourself with gratitude everywhere you go.” Teri Karjala
Journaling

Journaling is a process in which you allow your mind to freely express itself.

Benefits

- Stimulates the right hemisphere of the brain for creativity, support of problem solving, and self-exploration.
- Stress reduction. Studies have shown that journaling 20 minutes a day helps aid in reducing stress on the body.
- A contained place to process thoughts and feelings.
- Helps to shift negative thoughts into more positive thoughts that are more aligned with your life’s purpose.
- Self-awareness and personal growth.
Meditation

Meditation is the state of consciousness, when the mind is free of scattered thoughts and various patterns. The observer (one who is doing meditation) realizes that all the activity of the mind is reduced to one.

Benefits:

- Reduces stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
Meditation

Candle visualization

To begin find a comfortable position. Take a moment to scan your body and notice how your body feels. Take a deep breath in and as you exhale. Relax as you focus your mind on to the candle. As you breathe in and out give yourself permission to release and allow in peace, calm, and tranquility. Breathe slowly as you connect with each breathe. Focus your attention on the flickering light. Watch as it dances and creates. Observe the melting wax as you melt away the stress of your day. Continue breathing in and out, feeling lighter, calmer, and more peaceful with each breathe. When you are ready to finish, bring yourself back into awareness back to the present moment. Slowly stretch as you open your eyes, feeling at peace.
Mandalas, meaning "circles" in Sanskrit, are sacred symbols that are used for meditation, prayer, healing and art therapy for both adults and children.

Benefits:

- Boost the immune system
- Reduce stress and pain
- Lower blood pressure
- Promote sleep
- Ease depression

Enjoy some Mandalas that we have provided for you!
Relaxation

Progressive Muscle Relaxation

The idea behind PMR is that you tense up a group of muscles so that they are as tightly contracted as possible. Hold them in a state of extreme tension for a few seconds. Then, relax the muscles to their previous state. Finally, consciously relax the muscles even further so that you are as relaxed as possible.

Lie down in a comfortable position.

Start with your feet, tensing/relaxing each muscle group moving up your body until you reach your face.
Relaxation

**Grounding**: Bring awareness to your 5 senses: sight, sound, smell, touch, taste. Think about common tasks (ie. Washing dishes, eating, etc) Notice EVERYTHING in that experience.

**Mindfulness**: Observe and bring your surroundings into present awareness.

**Body Scans**: In your mind’s eye; scan your body from head to toe. Notice any tension, stress, and/or discomfort in your body. Identify the shape, color, texture, movement, temperature of that tension. Focus on it and notice as it changes, continue until it dissipates.
Quotes

“Go confidently in the direction of your dreams. Live the life you have imagined.”
Henry David Thoreau

“Live with intention. Walk to the edge. Listen hard. Laugh. Practice wellness. Play with abandon. Continue to learn. Appreciate your friends. Do what you love. Live as if this is all there is.” Mary Anne Radmacher

“No one can do it for you, choose your own wings”
Grace Walker
Self Soothing Activities:
Get a massage
Take a bath/warm shower
Rock in a rocking chair
Take a nap
Give yourself a manicure/pedicure
Put on some body lotion
Listen to music/relaxation cd
Give yourself a foot massage
Drink some herbal tea
Spend time outside
Grounding exercises
Yoga
Other

Expressive Activities:
Talk to someone
Do a hobby
Write in a journal
Write stories/poetry
Color, draw, paint, sculpt, knit, make a collage
Write a letter to yourself
Dance/Sing
Use physical activity(sports, exercise)
Great Resources

"How to Live Deliciously"
Creative Journals

Current Titles:
Guide to Personal Growth
Guide to Self-Esteem
Guide to Healing
Guide to Inspiration
Children’s Edition
Teenager’s Edition

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Our wish to you:
May you create a life of hope, harmony, and happiness!
YOU deserve it!

Please contact us at:
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With any questions, referrals, or support.