



Wishing Well Works
CORPORATE WELLNESS



WEEK 4

SERIOUS SELF-CARE WORKBOOK

SELF-LOVE:
BUILDING A STRONG
RELATIONSHIP WITH
YOURSELF



RESPECT

SELF-ACCEPTANCE

SELF-ACCEPTANCE IS EXACTLY WHAT ITS NAME SUGGESTS: THE STATE OF COMPLETE ACCEPTANCE OF ONESELF WITHOUT ANY QUALIFICATIONS, CONDITIONS, OR EXCEPTIONS.

LOVE YOUR QUIRKS! PART OF EMBRACING OURSELVES IS KNOWING AND ACCEPTING OUR FLAWS AND IMPERFECTIONS. THERE IS SO MUCH POWER THAT COMES FROM ALLOWING YOURSELF TO BE PERFECTLY IMPERFECT WHILE STILL KNOWING YOUR WORTH. LIST OUT QUIRKS OR IMPERFECTIONS BELOW THAT MAKE YOU SPECIAL.

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SELF-FORGIVENESS

WE NEED TO FORGIVE OURSELVES! THE TRUTH IS: WE ALL MAKE MISTAKES. WE ALL DO THINGS WE REGRET. FORGIVING YOURSELF IS ABOUT MORE THAN JUST PUTTING THE PAST BEHIND YOU AND MOVING ON. IT IS ABOUT ACCEPTING WHAT HAS HAPPENED AND SHOWING COMPASSION TO YOURSELF.

ARE THERE THINGS CAUSING YOU SHAME OR GUILT THAT YOU CAN FORGIVE YOURSELF FOR?

HOW CAN YOU ACCEPT RESPONSIBILITY & EXPRESS REMORSE?

HOW CAN YOU REPAIR DAMAGE & RESTORE TRUST WITH THE PERSON & YOURSELF?

HOW CAN YOU UNDERSTAND YOUR ACTIONS WITH COMPASSION & WORK TO BETTER THEM?



COMMUNICATION

SELF-TALK

HOW ARE YOU SPEAKING TO & ABOUT YOURSELF?

SELF-TALK CAN BE POSITIVE OR NEGATIVE AND PAYING ATTENTION TO WHICH YOU MOST OFTEN SWAY TOWARDS CAN HELP YOU START MAKING PROACTIVE CHANGES.

NEGATIVE SELF-TALK TENDS TO FALL INTO 4 CATEGORIES. WHAT WAYS ARE YOU CURRENTLY USING THESE 4 TYPES OF NEGATIVE SELF-COMMUNICATION?

NEGATIVE SELF-TALK CATEGORY	WAYS I NOTICE I AM USING THIS TYPE OF SELF-TALK
Personalizing – You blame yourself when things go wrong.	
Polarizing – You see things only as good or bad, no middle ground.	
Magnifying – You only focus on the negative & dismiss the positive.	
Catastrophizing– You always expect the worst.	

TALK TO YOURSELF THE WAY YOU WOULD TALK TO SOMEONE YOU LOVE

REFLECT ON YOUR THOUGHTS AND TAKE THESE 3 STEPS:

LISTEN	<p>IS IT MOSTLY POSITIVE OR NEGATIVE? WHAT EVENTS, PEOPLE OR SCENARIOS ENCOURAGE POSITIVE VERSUS NEGATIVE SELF-TALK? WHAT WOULD A FRIEND OR LOVED ONE SAY IF THEY KNEW YOU TALKED TO YOURSELF IN THIS WAY? ARE THERE ANY COMMON THREADS IN YOUR SELF-TALK?</p>	
LEARN	<p>WHAT THOUGHTS COME UP MOST OFTEN? WHY DO THEY COME UP? HOW WOULD YOU FEEL ABOUT YOURSELF IF YOU SWITCHED NEGATIVE SELF-TALK FOR POSITIVE? HOW DID NEGATIVE SELF-TALK HOLD YOU BACK FROM ACHIEVING YOUR GOALS? WHAT MIGHT YOU ACHIEVE IF YOU PRACTICED MORE POSITIVE SELF-TALK?</p>	
THINK	<p>THINK OVER WHY YOU HAD THE THOUGHTS AND HOW TRUE THEY ARE. A FEW QUESTIONS TO USE: HOW BIG OF A DEAL IS THIS REALLY? AM I OVERREACTING? ARE MY CONCLUSIONS BASED ON FACTS OR OPINIONS? WHOSE OPINIONS? AM I MAKING ASSUMPTIONS? HOW ACCURATE IS THIS THOUGHT REALLY?</p>	



EMPATHY

SELF-COMPASSION

SELF-COMPASSION VS. SELF-ESTEEM RESPONSES

SELF-COMPASSIONATE RESPONSES OVER SELF-ESTEEM BUILDING RESPONSES ARE A HEALTHIER WAY OF BUILDING OUR SELF-WORTH FROM THE INSIDE OUT. SELF-COMPASSION RESPONSES ARE MORE ABOUT CONNECTING WITH YOURSELF AND BUILDING A POSITIVE VIEW OF SELF. SELF-ESTEEM RESPONSES ARE MORE ABOUT EXTERNAL GRATIFICATION AND WORRYING ABOUT WHAT OTHERS THINK OF YOU. PRACTICE SELF-COMPASSION RESPONSES BELOW.

EVENT	SELF-COMPASSION RESPONSE	SELF-ESTEEM RESPONSE
Example: Got A Raise	I have worked hard for this and I deserve it.	I am the best. Everyone will know that I am great!
Forgot An Important Meeting		
Friend Declined My Invite		
Applied But Not Chosen		
No Response to Message		

JUDGEMENT & SELF-CRITICISM

JUDGEMENT OF OTHERS IS, IN REALITY, WELL MASKED JUDGEMENT OF YOURSELF. EACH ENCOUNTER OFFERS YOU THE GIFT OF GREATER SELF-AWARENESS BY ILLUSTRATING WHAT YOU DO AND DON'T ACCEPT ABOUT YOURSELF. WHEN YOU FIND YOURSELF JUDGING OTHERS, ASK YOURSELF THE FOLLOWING QUESTIONS:

1	DO I NOTICE SOMETHING ABOUT THEM THAT I DON'T ACCEPT ABOUT MYSELF?	HOW CAN I BE MORE ACCEPTING OF MYSELF? OR WORK TO IMPROVE MYSELF IN THIS WAY?
2	IS IT POSSIBLE THAT I DISPLAY THE SAME BEHAVIOR & I AM DISLIKING IT IN SOMEONE ELSE BUT NOT AWARE OF IT IN MYSELF?	ASK SOMEONE YOU TRUST IF YOU HAVE SIMILAR BEHAVIORS AND WORK TOWARD BETTERING THEM.
3	AM I ENVIOUS OF THEM AND SEEK TO FIND SOMETHING WRONG WITH THOSE THAT HAVE WHAT I WANT?	BEING ENVIOUS OF THEM SHOWS ME WHAT I TRULY DESIRE. HOW CAN I TAKE STEPS TO ACCOMPLISH THESE THINGS?



SUPPORT & DEPENDABILITY

SHOW UP FOR YOURSELF!

CELEBRATE & ENCOURAGE YOURSELF!

WE HAVE BEEN CONDITIONED TO BELIEVE THAT WE SHOULD LOOK OUTSIDE OF OURSELVES TO FIND OUR SELF WORTH. START LOOKING FROM WITHIN! BE YOUR BIGGEST CHEERLEADER! IN WHAT WAYS CAN YOU BE BETTER AT CHEERING FOR YOURSELF? (TRY MEL ROBBINS HIGH-5 HABIT EACH MORNING)

<input type="checkbox"/>	_____
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BE SOMEONE YOU CAN DEPEND ON

YOU ARE THE ONLY ONE WHO TRULY KNOWS WHAT YOU DESIRE AND NEED. IT IS UP TO YOU TO VOICE YOUR NEEDS TO MAKE SURE THEY ARE MET.

WHAT I KNOW AND ACCEPT ABOUT MYSELF	HOW I CAN EXPRESS THIS EMOTIONAL NEED IN A HEALTHY WAY
Example: Sometimes I shut down and that's ok.	Example: "Sometimes I shut down. When that happens, I'll let you know and will take some space to regulate my emotions."



MAKE YOURSELF A PRIORITY

SETTING BOUNDARIES

BOUNDARIES ARE HOW WE MAKE OURSELVES AND OUR HAPPINESS OUR PRIORITY.

THEY ARE HOW WE HEAL, HOW WE SHOW UP FOR OURSELVES, HOW WE SHOW OURSELVES THAT WE ARE IMPORTANT. IT IS IMPORTANT TO STAND UP FOR YOURSELF AND SET BOUNDARIES THAT: MAKE YOUR PHYSICAL, EMOTIONAL AND MENTAL HEALTH, GOALS, HAPPINESS AND DESIRES A PRIORITY.

WHAT IS IMPORTANT TO YOU	HOW YOU CAN COMMUNICATE THE BOUNDARY TO KEEP THIS A PRIORITY
Example: Mental Health	Example: "I've come to an awakening around some of the intense things in my life and I need some time to process. I will not be able to make it"
Example: Physical Health	Example: "My physical health and body goals are important to me so I am going to keep the appointment I scheduled to go to the gym"

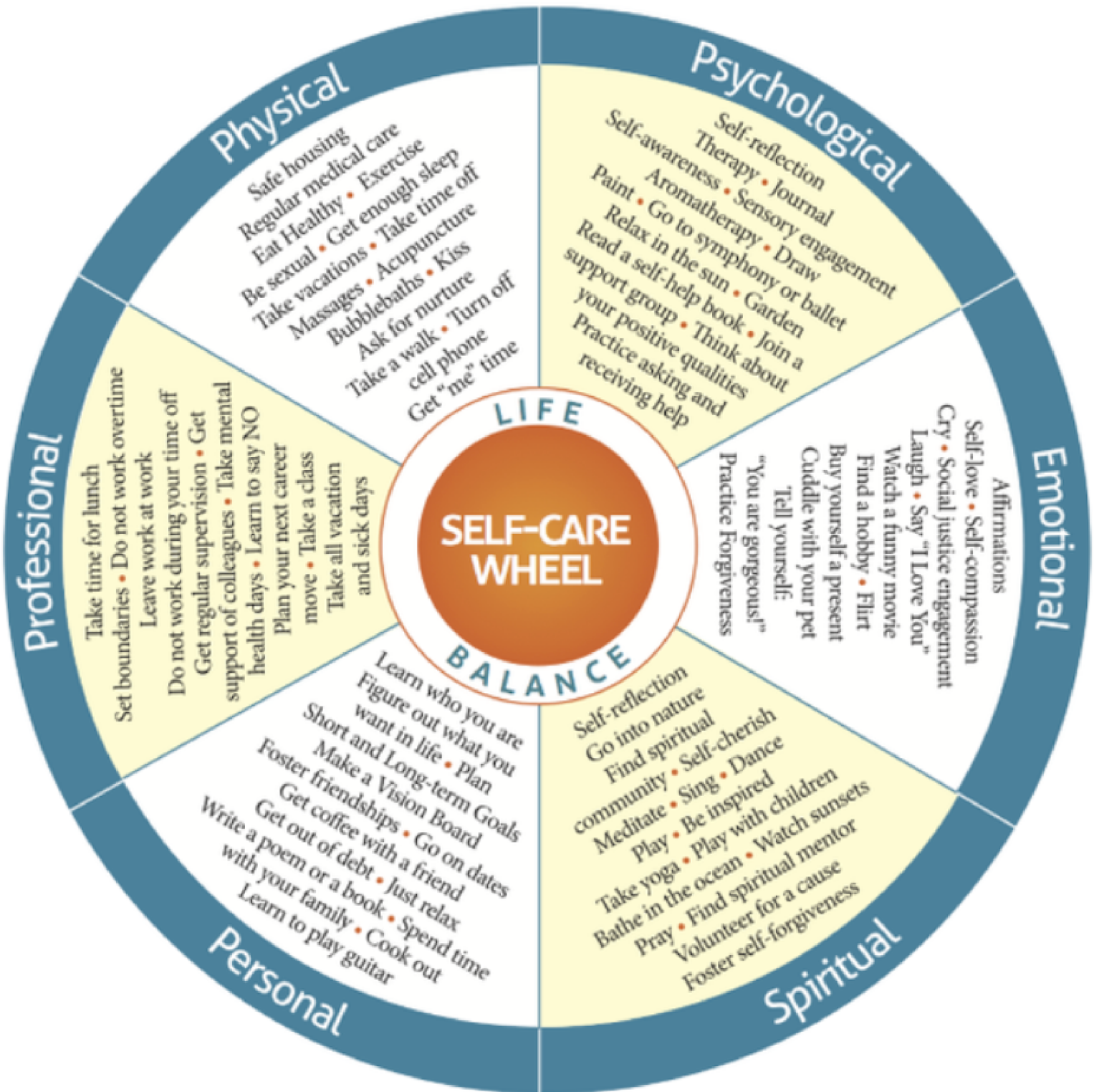
QUALITY "YOU"-TIME

PRACTICE SELF-CARE AND SPEND QUALITY TIME WITH YOURSELF. SET SELF-CARE PRACTICES AND HABITS BY DISCOVERING WHAT BRINGS YOU HAPPINESS AND RECHARGES YOU. WHAT MAKES YOU FEEL TAKEN CARE OF? NOTICED? IMPORTANT? AND HOW CAN YOU MAKE THESE A PRIORITY IN YOUR LIFE?

WHAT I ENJOY DOING FOR "ME" TIME	HOW CAN I MAKE THIS A PRIORITY IN MY LIFE? (WHEN IN SCHEDULE, COMMUNICATE, SET BOUNDARIES, ETC)



SELF-CARE WHEEL



SELF-LOVE

A LOVE LETTER TO MY BODY

A LARGE PART OF SELF-LOVE INCLUDES LOVING THE BODY THAT WE ARE IN. SHOW SOME APPRECIATION AND LOVE TO YOUR BODY FOR ALL THAT IT DOES TO YOU ON A DAILY BASIS!

DEAR BODY,

I APPRECIATE YOU FOR EXACTLY HOW YOU LOOK AND FUNCTION AT THIS MOMENT. I LOVE HOW:

I ALSO RECOGNIZE THAT YOU ARE POWERFUL & STRONG. THANK YOU FOR ALWAYS TAKING CARE OF ME BY:

I LOVE MY ARMS BECAUSE:

THANK YOU TO MY LEGS FOR:

I APPRECIATE MY STOMACH FOR:

BODY, I AM SORRY FOR THE TIMES I PUNISH YOU BY:

I WILL TRY TO BE MORE LOVING AND APPRECIATIVE TO YOU. I LOVE THAT YOU ARE MINE AND I AM GRATEFUL FOR ALL THINGS I CAN DO WITH YOU, LIKE:

LOVE,

