



Self-care activity book

Introduction

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy.

Self-care doesn't have to involve a huge time commitment and it doesn't have to cost the earth. It could be taking a bath, relaxing with a good book, taking a walk outside or eating your favourite food. It's about making a commitment to putting yourself first, even just for 10-minutes.

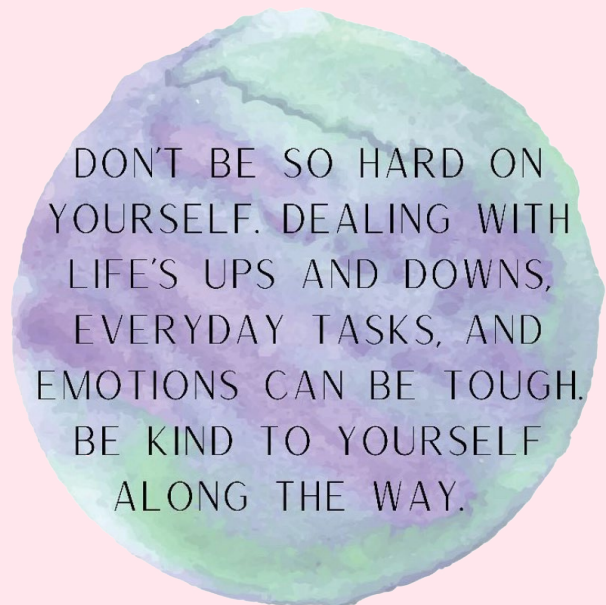
In this self-care guide you'll find some activities and information that will help with your physical and emotional wellbeing. We would love to hear what you think and if this has helped you. Let us know by emailing us at: volunteering@mindinbradford.org.uk

Inside this booklet you will find a range of activities and wellbeing support, including:

- Inspirational quotes
- Gratitude jar
- Sleeping tips
- Self-care tips
- Colouring
- Mood chart and log
- RAIN technique
- Easy yoga
- Cheap and easy recipes
- Word search
- Wellbeing services



Inspirational quotes



The best project you will ever work on is you.

A year from now, you'll wish you had started today.

Respect your body. It's the only one you get.

The secret to getting ahead is getting started.

Of all the people on the planet, you talk to yourself more than anyone... make sure you're saying the right things.

Each day is another chance to change your life.

It never gets easier. You just get better at it.

It always seems impossible until it's done.



Gratitude jar

Date:

Today I'm grateful for:



Date:

Today I'm grateful for:

Date:

Today I'm grateful for:

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Today I'm grateful for:

Date:

Today I'm grateful for:

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Today I'm grateful for:

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Sleeping tips

1. Start with Sleep

Make sleep a priority

Even when life gets busy, don't sacrifice your sleep. A good night's rest will make your morning much easier.

Practice sleep hygiene

Exercise regularly, avoid caffeine at night, power down electronics an hour before bedtime, and do a calming activity (reading a book, journaling) before going to bed.

Stay on schedule

Though it's tempting to sleep in, keep a consistent bedtime and wakeup time, even on weekends.

2. Rise and shine

Wake up to good music or a pleasant alarm sound

Research has shown it is better to wake up to sounds that make you feel good, rather than startled.

Don't hit snooze

Set your alarm before bed, then put it out of arm's reach. When you wake up in the morning, stay up! Interrupted sleep isn't as restorative anyway.

"Feet on the floor"

As soon as you wake up, get out of bed! Try using the mantra "Feet on the floor." This will help you avoid rolling over for a few extra minutes of sleep.

Let in natural light

Getting some sunshine in the morning will help you feel more awake. Open the curtains before you go to bed, or step outside for a few minutes before starting your morning routine.

3. Make your mornings pleasant

Wake up earlier

It might seem counterintuitive, but waking up earlier may be one of the keys to waking up better. Having more time will let you move calmly and peacefully through your morning, rather than rushing.

Have something to look forward to

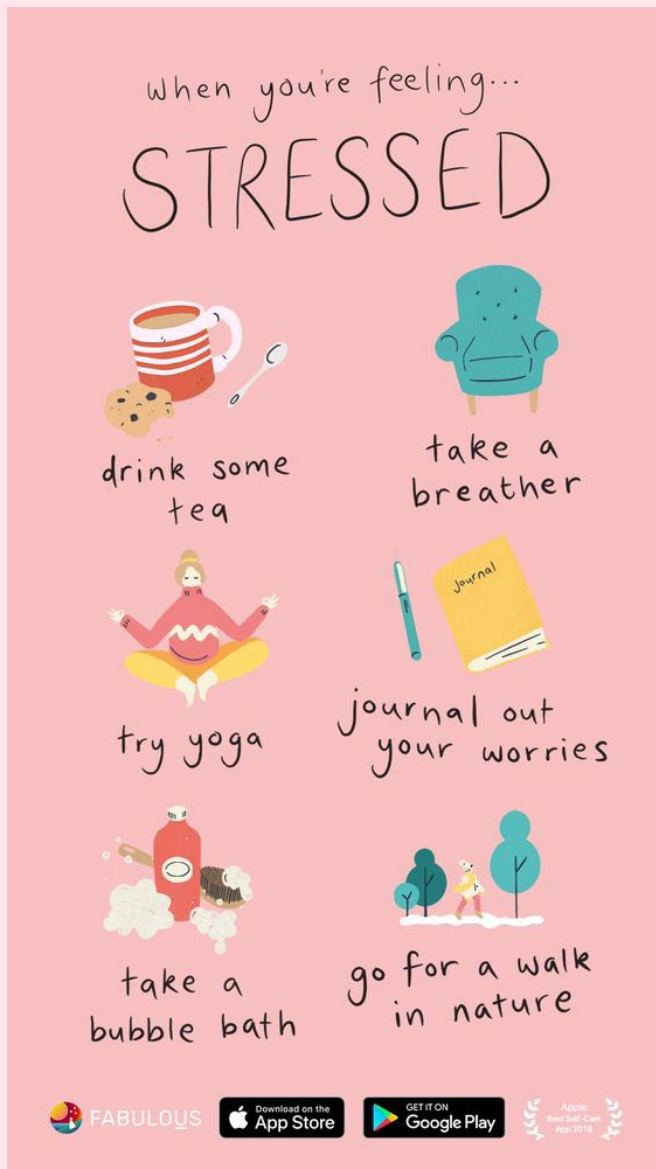
Find something that will motivate you to get up and get going in the morning. It might be as simple as a good cup of coffee or a new podcast for your morning commute.

Eat a good breakfast

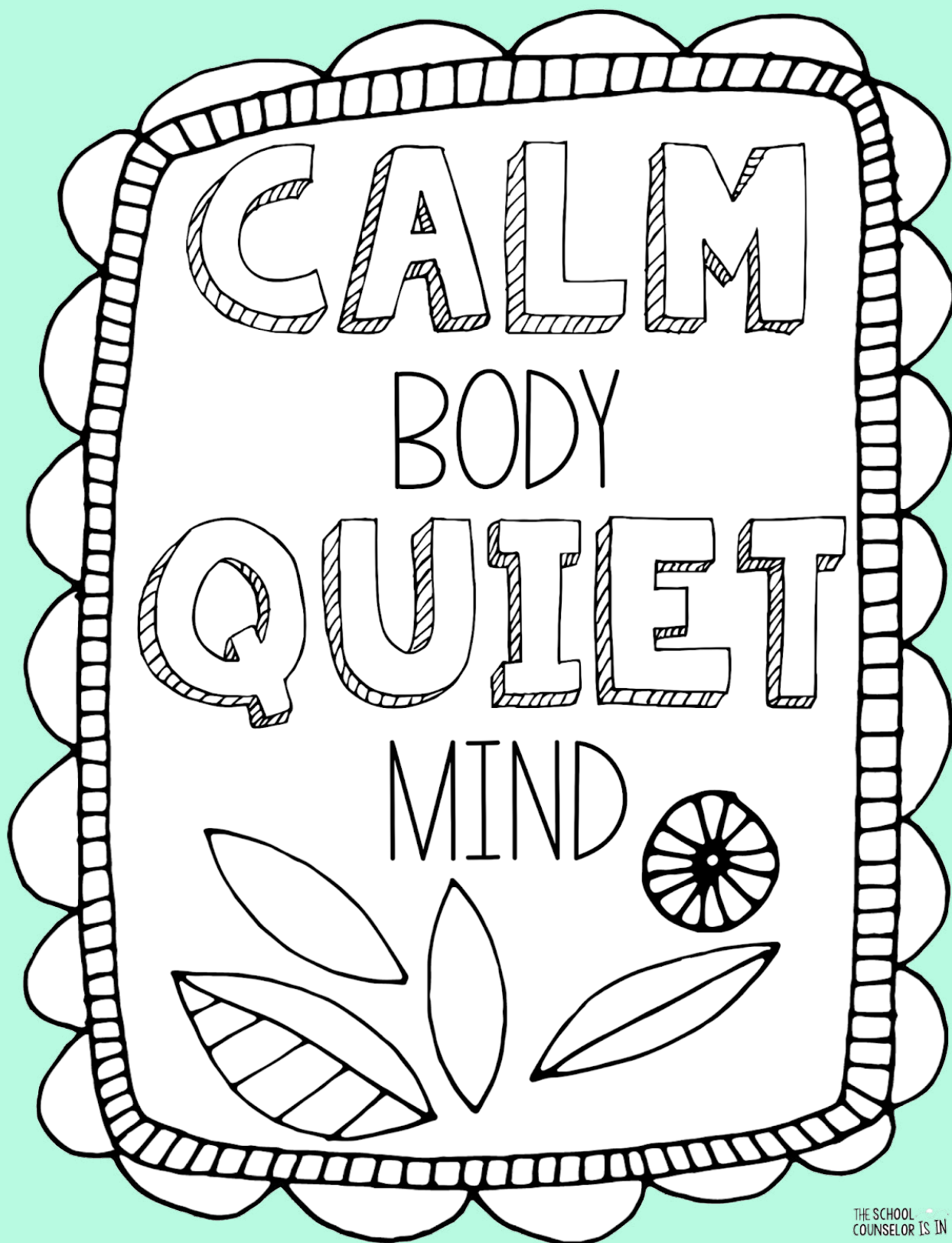
Consistently eating a healthy breakfast can help you feel more alert in the mornings, and may even put you in a better mood.



Self-care tips



Colouring



THE SCHOOL
COUNSELOR IS IN

Mood chart and log

Why keep a mood Log?

Understanding your moods helps you manage them and feel better faster. If you are more aware of your moods, you may be able to better manage your lifestyle choices, make informed health decisions, prevent or avoid triggers of negative moods, and work towards a better quality of life.

	Happy	Sad	Mad	Tired	Excited	Anxious	Other	Notes
6am - 8am								
8am - 10am								
10am - 12pm								
12pm - 2pm								
2pm - 4pm								
4pm - 6pm								
6pm - 8pm								
8pm - 10pm								
10pm - 12am								
12am - 2am								
2am - 4am								
4am - 6am								



RAIN technique

RAIN

mindfulness exercise

Mindfulness is a state of nonjudgmental awareness of what's happening in the present moment, including awareness of one's own thoughts, feelings, and senses. **RAIN** is a mindfulness practice that will help you focus on the present and cope with uncomfortable thoughts and emotions.

Prepare

Sit or lie down in a comfortable position. Close your eyes or let your gaze soften. Take three slow, deep breaths. Follow the steps below, lingering for a couple minutes on each step.

R

Recognize

Let yourself feel at ease in the present moment. Slowly take in your surroundings. Recognize your thoughts, feelings, and physical sensations. Name your feelings out loud or silently to yourself.

A

Allow

Observe your experience as if watching a movie. Let your thoughts, feelings, and sensations come and go as they are. Let go of any judgment—it is okay to feel however you are feeling. You may tell yourself, "This is how it is right now."

I

Investigate

What words are going through your mind? What emotions are you feeling, and where are they coming from? How are these feelings experienced in your body? Sense the most vulnerable part of yourself and reflect on what it needs, such as acceptance, forgiveness, love, or belonging.

N

Nurture

Be kind toward your experience. Give yourself a comforting message, such as "I love you," "you are okay," or anything else you need. Think of a friend, family member, pet, or spiritual figure, and imagine their love flowing to you. Let in healing and compassion until you feel calm and centered.

Conclude

Take three slow, deep breaths. Continue to be mindful and kind to yourself throughout your day.

Easy yoga

BEGINNER YOGA ROUTINE

yogarover.com

Hold each pose for 3 breaths. Repeat steps 1-14 on the other side before moving to step 15.

1 Cat-Cow



2 Down Dog



3 Standing Forward Fold



4 Standing Backbend



5 Mountain



6 Warrior II



7 Triangle



8 Side Angle



9 Chair



10 Standing Fold



11 Plank



12 Chaturanga



13 Cobra



14 Down Dog



15 Pigeon



16 Seated Forward Fold



17 Savasana



Cheap and easy recipes

Veggie Cottage Pie

Ingredients

- 4 tbsp olive oil
- 2 aubergines, cut into chunks OR swap for 3 carrots
- 2 large garlic cloves, crushed
- 16 sundried tomatoes, roughly chopped, plus 1 tbsp of their oil OR 2 tins chopped tomatoes
- 2 tsp dried oregano
- 400g spinach, washed
- 50g plain flour
- 400ml milk
- 125g cheddar, grated, plus extra to top
- 800g ready-made mashed potato

Method

STEP 1

Heat oven to 220C/200C fan/gas 7. Heat 1 tbsp of the oil in a large, lidded frying pan or flameproof casserole dish. Cook the aubergine, in two batches, over a high heat for 4-5 mins until golden, adding extra oil as you need to. Return all the aubergine to the pan with the garlic, tomatoes and 1 1/2 tsp oregano and cook for 1 min. Stir in the spinach, put the lid on the pan and leave for a few mins to wilt.

STEP 2

Add the flour and stir through until combined. Pour in the milk, stir gently and bring to the boil. Bubble for a few mins, then stir in the cheese and season. Cook until the cheese has melted and the sauce has thickened.

STEP 3

Mix the mash with the remaining oregano and spread over the filling. Scatter over a little more grated cheese and bake for 10-15 mins until golden. The top can also be grilled rather than baked, but keep an eye on it as you may need to reduce the cooking time.

Cheesy and Broccoli Pasta Bake

Ingredients

- 280g penne
- 280g broccoli, cut into florets
- 25g butter
- 25g plain flour
- 300ml milk
- 1 tbsp wholegrain mustard
- 140g mature cheddar, grated

Method

STEP 1

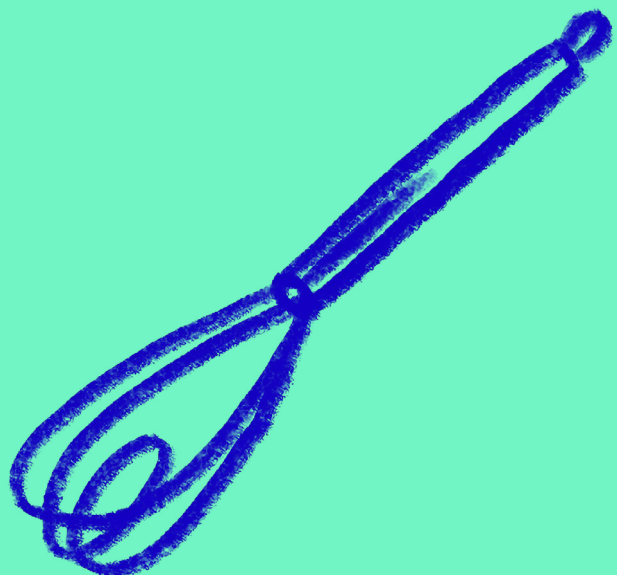
Cook the pasta, adding the broccoli for the final 4-5 mins and cooking until tender. Drain well, then heat the grill.

STEP 2

Heat the butter in a saucepan and stir in the flour. Cook for 1 min, then gradually add the milk, stirring well between each addition. Bring to the boil, stirring, then simmer for 2 mins, before stirring in the mustard, half the cheese and seasoning.

STEP 3

Mix the pasta and broccoli into the sauce and spoon into an ovenproof dish. Scatter over the remaining cheese and place under a hot grill for 3-4 mins until golden and bubbling.



Word search

Health and Wellbeing

C	L	G	B	C	R	I	H	M	O	V	I	N	G
H	E	I	A	I	E	P	T	M	N	A	E	U	H
I	R	U	E	I	L	E	L	I	C	A	L	M	S
L	S	I	N	S	A	E	A	N	G	B	I	V	N
L	S	U	A	O	X	L	E	D	N	N	D	E	A
E	R	G	C	C	I	S	H	F	I	I	L	G	R
C	O	E	S	I	N	B	Y	U	E	N	E	E	U
Y	O	Y	I	A	G	A	E	L	B	U	X	T	N
A	D	E	E	L	D	A	S	N	L	F	E	A	N
Y	T	I	V	I	T	C	A	E	L	L	R	B	I
C	U	G	R	S	R	L	C	S	E	H	C	L	N
U	O	A	G	I	U	E	N	S	W	E	I	E	G
A	A	N	Y	N	B	A	N	A	N	A	S	N	L
I	I	E	M	G	A	L	N	M	T	U	E	C	A

YOGA
RELAXING
MINDFULNESS
CALM
ACTIVITY
CHILL
EXERCISE
SOCIALISING
SLEEP
HEALTH
MOVING
WELLBEING
VEGETABLE
GYM
FUN
OUTDOORS
RUNNING
BANANAS

Play this puzzle online at : <https://thewordsearch.com/puzzle/697128/>

Need to talk?

First Response

0800 952 1181 (Open 24/7) Our First Response crisis service offers support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a mental health crisis. First Response can refer you for urgent support from Safe Spaces. Find out more about Safe Spaces online.

healthyminds.services/safe-spaces

Guide-line

If you're not in a mental health crisis but need to speak to someone about how you're feeling, you can call Guide-Line, run by Mind in Bradford, on **08001 884 884**, 8am to midnight, every day. You can also chat online.

mindinbradford.org.uk/chat

Wellbeing Groups

Adults aged 18 and over can access a range of wellbeing and recovery-focused groups. Check out the full timetable on the Mind in Bradford website. You must register with the wellbeing service to access the groups. Find the registration form online or call Mind in Bradford to request a form on 01274 730815.

mindinbradford.org.uk/support-for-you/wellbeing

Tea 'n' Talk

Groups for anyone to pull up a seat, with a drink and have a natter with others. No booking required. Locations, dates and times are here:

mindinbradford.org.uk/support-for-you/tea-n-talk-groups

Wordsearch Answers

C	L	G	B	C	R	I	H	M	O	V	I	N	G
H	E	I	A	I	E	P	T	M	N	A	E	U	H
I	R	U	E	I	L	E	L	I	C	A	L	M	S
L	S	I	N	S	A	E	A	N	G	B	I	V	N
L	S	U	A	O	X	L	E	D	N	N	D	E	A
E	R	G	C	C	I	S	H	F	I	I	L	G	R
C	O	E	S	I	N	B	Y	U	E	N	E	E	U
Y	O	Y	I	A	G	A	E	L	B	U	X	T	N
A	D	E	E	L	D	A	S	N	L	F	E	A	N
Y	T	I	V	I	T	C	A	E	L	L	R	B	I
C	U	G	R	S	R	L	C	S	E	H	C	L	N
U	O	A	G	I	U	E	N	S	W	E	I	E	G
A	A	N	Y	N	B	A	N	A	N	A	S	N	L
I	I	E	M	G	A	L	N	M	T	U	E	C	A

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