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SELF-CARE

RESOURCE BOOK



WELCOME

Begin your journey toward balance and harmony. This self-care resource book is more than just a collection of tips - it's your personal hub for gathering all your valuable self-care ideas in one convenient spot.

By subscribing to my newsletter, you'll receive fresh content each month. Feel free to print these helpful tools and add them to your resource book. As you come across other intriguing resources, include them too. You'll have easy access to tools for stress relief, mindfulness, and self-reflection, along with endless ways to nurture your soul. With regular engagement in these prompts and rituals, self-care will become as routine as brushing your teeth every day.

You're also invited to join our community of like-minded souls. It's a peaceful online space filled with meaningful conversations, free from drama. Together, we uplift each other, building resilience, creativity, and joy.

Welcome, dear friend, to a journey of discovery and empowerment.
May you find peace and inspiration with every turn of the page.

Warm regards,

Debra Jones

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HOW TO USE THIS RESOURCE BOOK

Think of this self-care resource book as your friendly guide on the journey to self-discovery. It's filled with tools and tips that can be your go-to resource whenever you need a boost or a sense of balance. Here are a few ideas to get you started:

- **Morning Rituals:** Kickstart your day with a few minutes dedicated to setting a positive mindset or intention. What you do first thing sets the tone for your entire day.
- **Creative Journaling:** Use journaling as a tool to express your inner thoughts and insights. It’s your personal canvas for exploration and creativity.
- **Community Sharing Circle:** Gather with friends to exchange insights and support each other’s personal growth. It’s all about connection and encouragement.
- **Mindful Meditation Companion:** Collect quotes and passages for meditation to guide your inward journey, helping you find inner peace and a quiet mind.
- **Personal Growth Challenges:** Treat this book as your adventure map, setting personal challenges that encourage growth and exploration.
- **Evening Unwind:** Conclude your day by releasing tasks and challenges, transitioning into relaxation to prepare for a restful night’s sleep.

And don’t stop there! Consider adding your own unique rituals or activities that resonate with you. Remember, this journey is all about discovering what makes you feel whole and fulfilled.



5 WAYS TO RESTORE CALM

This guide provides five simple yet effective techniques to quickly restore calm in just five minutes. Incorporating these practices into your daily routine can help you manage stress and promote a sense of peace and well-being.

1. Deep Breathing
Focus on your breath. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth. Repeat for 1 minute.

- Tip: Visualise calm entering as you inhale and stress leaving as you exhale.

2. Mindful Observation
Engage your senses. Notice 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

- Tip: Focus intently on each sensation to anchor yourself in the present.

3. Body Scan Meditation
Lie down or sit comfortably. Focus your attention on different parts of your body, starting with your head and moving down to your toes, noticing any sensations.

- Tip: Acknowledge any tension without judgment, and allow it to release.

4. Gentle Stretching
Perform slow, gentle stretches to release muscle tension. Focus on areas where you hold stress, like your neck and shoulders.

- Tip: Combine stretching with deep breathing for enhanced relaxation.

5. Positive Affirmations
Repeat positive statements to yourself, such as "I am calm," "I am capable," or "I am at peace."

- Tip: Believe what you say, and let the positive thoughts reshape your mindset.

RITUALS

Rituals are structured and repeated sets of actions or behaviours that can transform your internal feelings and perceptions of the circumstances, people, and things around you.

They serve as tools to reshape your mindset and can offer a sense of stability and reflection in your daily life.



WHY WE NEED RITUALS

In the whirlwind of our busy lives, we often overlook the importance of small, intentional acts of self-care. Think of each ritual as a gentle nudge from your soul, reminding you that you deserve time and attention.

Self-care rituals are incredibly important for our well-being, helping us nurture ourselves. They're like meaningful actions that bring purpose, stability, and connection to our lives. When things get a bit unpredictable, these rituals can help us feel more in control. Studies even show that engaging in these rituals can reduce anxiety and heart rates, offering a bit of calm and predictability.

Simple habits like enjoying your morning coffee, writing in a journal, or engaging in seasonal outdoor activities can make you feel more mindful and grounded. Philosopher Byung Chul Han describes rituals as "temporal technologies for housing oneself," providing a safe haven from life's chaos and fostering resilience.

At their core, self-care rituals are essential to who we are, helping us feel connected, grounded, and in control, even when the world feels uncertain.

Remember, taking care of yourself isn't a luxury - it's a necessity. By making time for these rituals, you're not just getting by; you're thriving. Let them be the anchor that keeps you steady, the guiding star that lights your way, and the gentle reminder that you deserve peace and happiness.





TIPS FOR MORNING RITUALS

As the sun peeks over the horizon, a new day dawns and a fresh start awaits. Your morning routine isn't just a list of things to do - it's a celebration of who you are and who you're becoming, sparking creativity and setting a positive tone for the day ahead.

Start with Gratitude
Think of your heart as a garden where gratitude blooms with each sunrise. Kick off your day by reflecting on the good in your life. Whether it's the comfort of your bed or the thrill of a new day, let gratitude gently awaken you.

Move with Purpose
Express yourself through movement, whether that's yoga, a walk in the great outdoors, or dancing to your favourite tunes. Movement celebrates your energy and links your mind and spirit.

Feed Your Soul
Picture your soul needing a daily dose of inspiration. Engage in activities that ignite your interest, like diving into a book, meditating, or jotting down dreams. These remind you of your potential.

Connect with Others
As the world comes to life, remember you're part of a community. Reach out to friends and loved ones, share a kind word, or smile at someone you pass. These connections uplift your spirit.

Embrace Creativity
Let creativity be your guide. Begin each morning with a sense of wonder: try out a new breakfast recipe, sketch a dream scene, or pen a poem. Creativity helps you see the world anew and reminds you of your imagination.

Reflect and Set Goals
As your morning routine wraps up, ponder what you want to achieve that day. Set goals that align with your values and dreams, using them as beacons for growth and change.



Always remember, your morning routine is a cherished time to celebrate who you are. It's a chance to renew, create, and thrive every single day.

TIPS FOR EVENING RITUALS

As the sun dips below the horizon, signaling the close of another day, the evening becomes a time of reflection and renewal. Evening rituals offer a soothing conclusion, allowing us to unwind and rejuvenate while welcoming the promise of tomorrow.

Cultivate Calm
Imagine your evening as a sanctuary of peace. Start by creating a calming atmosphere: dim the lights, light a candle, or play soft music. Let this calming environment gently wrap you in tranquility.

Reflect on the Day
Pause to reflect on the day's experiences. Consider what brought you joy, what challenges you faced, and what you learned. This quiet reflection builds self-awareness and growth.

Nourish Your Body
End your day with nourishment. Whether it's a warm cup of herbal tea or a healthy snack, choose something comforting that honours your body and prepares it for rest.

Disconnect to Reconnect
Set aside time to disconnect from screens and devices. Engage in activities that ground you, like reading a book, journaling, or practicing mindfulness. This space helps you reconnect with your thoughts and feelings.

Express Gratitude
As you wind down, think of your heart as a vessel for gratitude. Recall the moments of beauty, kindness, and joy from the day. Let gratitude fill you with contentment and peace.

Plan for Tomorrow
Gently guide your thoughts to the future. Consider what you hope to accomplish and set intentions for the next day. These plans give direction and purpose, preparing you for a fresh start.



Embrace your evening rituals as a cherished time to unwind and reflect. Each night offers a chance to release the day's tensions and welcome the serene promise of rest and renewal.

GROUNDED SUPPORT
EARLY EVENING RITUAL



This soothing evening ritual can help you unwind, reflect, and reconnect.
Follow these steps to tranquility and gratitude:

Find Your Spot
- Begin by stepping outside or positioning yourself by a window. Ensure you have a comfortable view of the sky or nature around you.

Breathe Deeply
- Close your eyes and take three slow, steady breaths. Inhale deeply through your nose, hold for a moment, and exhale gently through your mouth. Allow your body to relax with each breath.

Observe the Overlooked
- Open your eyes and take a moment to notice one element of nature that you might typically ignore. It could be a drifting cloud, or a tranquil patch of sky. Focus on this element and appreciate its presence.

Reflect on Your Needs
- Ask yourself gently, **"What do I need to feel supported right now?"** Allow this question to resonate within you. Listen to your thoughts and feelings without rushing to find solutions or answers.

Embrace Stillness
- Spend a few moments in silence, simply being present with your thoughts and the natural world around you. Let go of any urge to fix or change anything.

Express Gratitude
- Conclude your practice by expressing gratitude for one way your body or the Earth has supported you today. It might be the strength in your legs that carried you through the day or the calming presence of nature's beauty.

Return Gently
- When you feel ready, slowly bring your awareness back to your surroundings. Carry the peace and gratitude you've cultivated into the rest of your evening.

This gentle practice is a nurturing way to end your busy day, encouraging a deeper connection with yourself and the natural world.



REASONS TO JOURNAL

Journaling is a fantastic self-care tool that offers a safe and judgment-free zone to explore your feelings, cut down on overthinking, and gain insights into your thoughts and behaviours. Studies show that expressive writing can seriously reduce stress, boost your immune system, and even help lower blood pressure by letting you release negative emotions and ease their impact.

Here are some amazing benefits:

- **Less Overthinking:** Writing can help break the cycle of replaying bad experiences by putting your thoughts on paper and lightening their emotional load.
- **Spotting Patterns:** When you write regularly, you start noticing recurring triggers, behaviours, and themes, which can lead to better problem-solving and self-awareness.
- **Better Physical Health:** Research shows that journaling can strengthen your immune system, improve your sleep, and even help wounds heal faster.
- **Emotional Balance:** Journaling encourages mindfulness and helps you accept your mental experiences, reducing negative reactions to stress.
- **Reaching Goals:** Writing down your goals and achievements can boost your confidence, self-belief, and motivation.

To get the most out of journaling, there's no right or wrong way to do it. Whether you choose free writing, gratitude lists, journal prompts, or doodling, the best approach is the one that promotes honest and consistent reflection. Experts suggest setting aside just 5–15 minutes a day to make journaling a sustainable self-care habit without it feeling like a chore.



JOURNAL PROMPTS

These are a powerful tool to help us explore thoughts and emotions, encouraging reflection and creativity. By challenging our thinking, we open the door to new perspectives and break through writer's block. This can make journaling more meaningful and enjoyable. Here are some prompts designed to ignite your inspiration:

- Write about a moment today when you felt thankful for something small.
- Write about a difficult situation that helped you grow and feel more grateful.
- Describe a time when you felt truly connected to someone.
- Write about a place where you feel most at peace.
- Reflect on a recent act of kindness you witnessed or participated in.
- List three things you love about yourself and why.
- Write about a book or movie that has significantly impacted you.
- Describe your ideal day from start to finish.
- Write about a challenge you overcame and what you learned from it.
- List five things that make you feel most alive.
- Reflect on a compliment you've received that meant a lot to you.
- Write about a hobby or activity that brings you joy.
- Describe a moment when you felt proud of yourself.
- Write about a memory that always makes you smile.
- List three people who inspire you and why.
- Reflect on a time when you felt truly relaxed.
- Write about a goal you have and the steps you'll take to achieve it.
- Describe your favourite way to unwind after a long day.
- List five things you are grateful for about your current life.
- Reflect on a time when you felt fully present in the moment.
- Write about a tradition or ritual that brings comfort to you.
- Describe a place you'd love to visit and why.
- Write about a lesson you've learned recently.
- List three changes you can make to bring more balance into your life.

Enjoy the journey of getting to know yourself with these prompts. Each reflection helps you understand yourself better and appreciate your experiences. Let your writing be a safe space where insights grow, guiding you to clarity and inspiration. Remember, every word you write can change your perspective and light the way to personal growth.

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DATE

MOOD



DAILY JOURNAL

YOUR THOUGHTS

AFFIRMATION:

I AM GRATEFUL FOR:

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THE TRANSFORMATIVE POWER OF JOURNALING

Journaling is more than just jotting things down, it's a form of self-care that turns your abstract thoughts into something real. By setting aside time to document your ideas, dreams, and inspirations, you create a personal haven for your mind, where creativity can thrive without judgment. This habit helps you connect with your inner voice, transforming brief moments of inspiration into a source of personal growth and mental clarity.

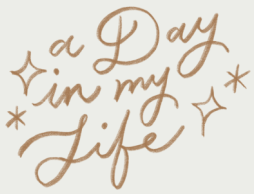
Writing down your to-do list along with your hopes and intentions is a great way to reduce stress and nurture self-compassion. **By putting your tasks and goals on paper, you clear your mind**, which lowers anxiety and helps you focus on what truly matters. This organization isn't about rigid control; it's about giving yourself the freedom to relax, knowing your responsibilities are safely noted, letting you enjoy the present moment.

Practicing gratitude through journaling can actually rewire your brain to focus on the positive things in life. Listing what you're thankful for helps counteract the brain's natural tendency to dwell on the negative, boosting your immunity, improving your sleep, and enhancing your overall emotional well-being.

Whether you're celebrating daily victories or setting future goals, this regular practice builds your self-esteem, showing that taking care of your mind is one of the best investments you can make.



DATE



BEST DAY EVER !

IDEAS, DREAMS & INSPIRATIONS

TO-DO

- [ ]
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GRATITUDE, HOPES & INTENTIONS

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COMMUNITY SHARING CIRCLES

In a world where individual journeys can often feel isolating, a Community Sharing Circle serves as a vital space for connection, encouragement, and growth. This isn't just a gathering; it's a sanctuary where voices matter, experiences are valued, and transformation is nurtured.

Why Join a Sharing Circle:

- **Connection**: Build relationships with like-minded individuals.
- **Encouragement**: Share stories and uplift each other.
- **Growth**: Gain new perspectives for personal evolution.

How to Create Your Circle:

1. **Choose Your Tribe**: Invite supportive and diverse individuals.
2. **Set the Intention**: Start with a theme for each session.
3. **Establish a Safe Space**: Foster a judgment-free environment.
4. **Facilitate Conversations**: Use icebreakers and encourage sharing.
5. **Close with Reflection**: End with gratitude and possibly a group affirmation.

Suggested Activities:

- **Themed Discussions**: Choose a topic for each meeting to dive deeper into personal growth.
- **Creative Sharing**: Invite members to share poetry, music, art, or stories that resonate with the theme.
- **Mindfulness Practices**: Integrate breathwork, meditation, or visualization to ground the group energy.

Join Our Member's Community Online

For those who wish to deepen their journey and connect with a broader network of supportive souls, consider joining our online Member's Community. Here, you'll find additional resources, virtual circles, and a vibrant space to continue your personal growth. Together, we can amplify our voices and transform our lives.



A Community Sharing Circle is more than just a meeting; it's a commitment to collective healing and empowerment. By sharing our stories and supporting one another, we create a tapestry of resilience that uplifts us all.

www.**Debra**Jones.ca/membership

THE PRACTICE OF STILLNESS

Reconnect with your inner wisdom

In the busyness of life, stillness gives us space to pause, breathe, and listen within. When we slow down, we create room for clarity, inspiration, and alignment.

Create Your Stillness Practice

Choose a way to reconnect with yourself:

- □ Meditation
- □ Nature walk
- □ Deep breathing
- □ Quiet reflection
- □ Journaling



How will I create more stillness in my life? _____

_____

_____

Your Mantra

I am still.
I am whole.
I am enough.
Breathe these words in and allow them to remind you:
I trust my inner wisdom.
I am exactly where I need to be.
I can move forward with clarity and confidence.



Reflection

What becomes clearer when I slow down? _____

_____

What intention is ready to emerge? _____

_____

What next step feels aligned? _____

_____

My Intention

I choose to move forward with _____

_____

_____

Stillness is where I reconnect with the wisdom within.



AN INVITATION FOR YOU

You're invited to become part of our special community focused on connection, collective uplift, and personal growth. It's a place where you can truly be yourself and connect with others who share similar interests and goals.

Here's a glimpse of what you can look forward to:

- **Monthly Live Zoom Gatherings:** Join us for engaging conversations and a chance to chat with the community in real time.
- **Private Chat Rooms:** Enjoy discussions on topics like self-care and healing, and find support anytime you need it.
- **Resource Library & Community Challenges:** Access a wealth of materials and take part in fun, inspiring challenges.
- **Supportive Buddy System & Exclusive Discounts:** Connect one-on-one with a buddy and enjoy special offers just for members.

Why join us? Our MEMBERSHIP Community is all about creating a warm, welcoming space where you can connect with heart-led humans, share your journey, and grow together.

I'd love to have you with us.
Warm regards,

Debra Jones

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NEED MORE INSIGHT & SUPPORT?

Sometimes, what we really need is a kind and understanding person to lend an ear to our worries. There are moments when we seek answers, and other times when a bit more clarity can bring peace to our lives. That's where I come in, offering healing support for those times when life feels too much or out of sync.

With my award-winning Reiki healing, combined with meaningful conversations and integrative support, you'll find relief from your burdens. Together, we'll work to help you regain balance, clarity, and harmony in your life.

Please remember, you're not alone on this journey. I'm here to help you find your way. Reach out to me.

Warm regards,

Debra Jones

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Questions?

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