



SELF
CARE
ISN'T
SELFISH

*LEICESTERSHIRE
RECOVERY COLLEGE*

SELF-CARE WORKBOOK

SPRING TERM 1



THE PURPOSE OF THIS

WORKBOOK

Here at the recovery college we have put together this self-care workbook as a way to promote looking after your own wellbeing.

It can be easy to get caught up in the tasks of everyday life, but this can have a negative impact on your mental health.

Our motto is to inspire hope, opportunity and control in peoples lives, and to do this we encourage engaging in at least one method of self care everyday.

No one should feel bad about putting themselves first, but often it can be seen as selfish. We would like to tell you, it is quite the opposite. Putting your health first is one of the most powerful things that you can do to better not only yourself as an individual, but also to have the resilience and tools required to help others.

Throughout this workbook you will find out the benefits of self care, along with activities you can engage in (that don't take up a lot of time) to help your mind relax and promote more positive mental health.

If you find any of these activities helpful or want to attend any of our courses at the college, please get in touch using the contact information at the back of this booklet :)



WHY SELF-CARE IS IMPORTANT

Self-care is one of the most important things that we can do for ourselves. Research has found that doing regular self-care practices encourages positive health outcomes, including improved resilience, longevity and better equipped to manage everyday stressors.

Broadly speaking, there are three main categories of self-care: physical, emotional and social. There are many different forms of self care, ranging from getting enough sleep, eating a balanced diet, to taking up a hobby that helps you to relax.

When considering physical self care, question this: are you getting enough sleep? Getting enough exercise? If the answer is no, consider what small life changes you can make to help with these elements. Starting small can be helpful. Taking care of your emotional state can include going for a walk or doing an activity you find pleasure in.

Finally, social self-care is considering relationships with others. It's normal to need space from people sometimes, but equally important to find people who make you feel loved and accepted. If you feel yourself becoming stressed or tired from social activities, it could be a sign that you aren't putting yourself first. Try to start small in helping yourself and set 30 minutes aside each day to focus purely on you.





WHAT IS ANXIETY?

Anxiety is a feeling that we experience when we are worried, tense or afraid.

This is likely to be worry about something that has NOT yet happened. Everyone experiences anxiety differently, but how we manage or interpret it is what makes it more or less difficult to deal with.

We will all experience anxiety in our lifetime, and it is always okay to ask for help if you are struggling.

There are many ways to help someone, or yourself with anxiety.

- For example:
 - Progressive muscle relaxation techniques
 - Breathing Techniques
 - Self care
 - Peer support
 - Diary keeping

This workbook may provide some useful materials to help you engage in self care, a key element in helping to alleviate anxiety symptoms.

Not everything works for everyone, it's about trying things to see what works for you!



SMART GOALS

WHEN SETTING GOALS FOR RECOVERY, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



UNDERSTANDING

GOALS

**ACHIEVING OUR GOALS IS DEPENDENT ON WHETHER WE TAKE ACTION.
USE THE TABLE BELOW TO UNDERSTAND THE "WHY" OF YOUR GOALS.**

GOAL:

WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?



AND WHAT WILL THIS GIVE YOU?

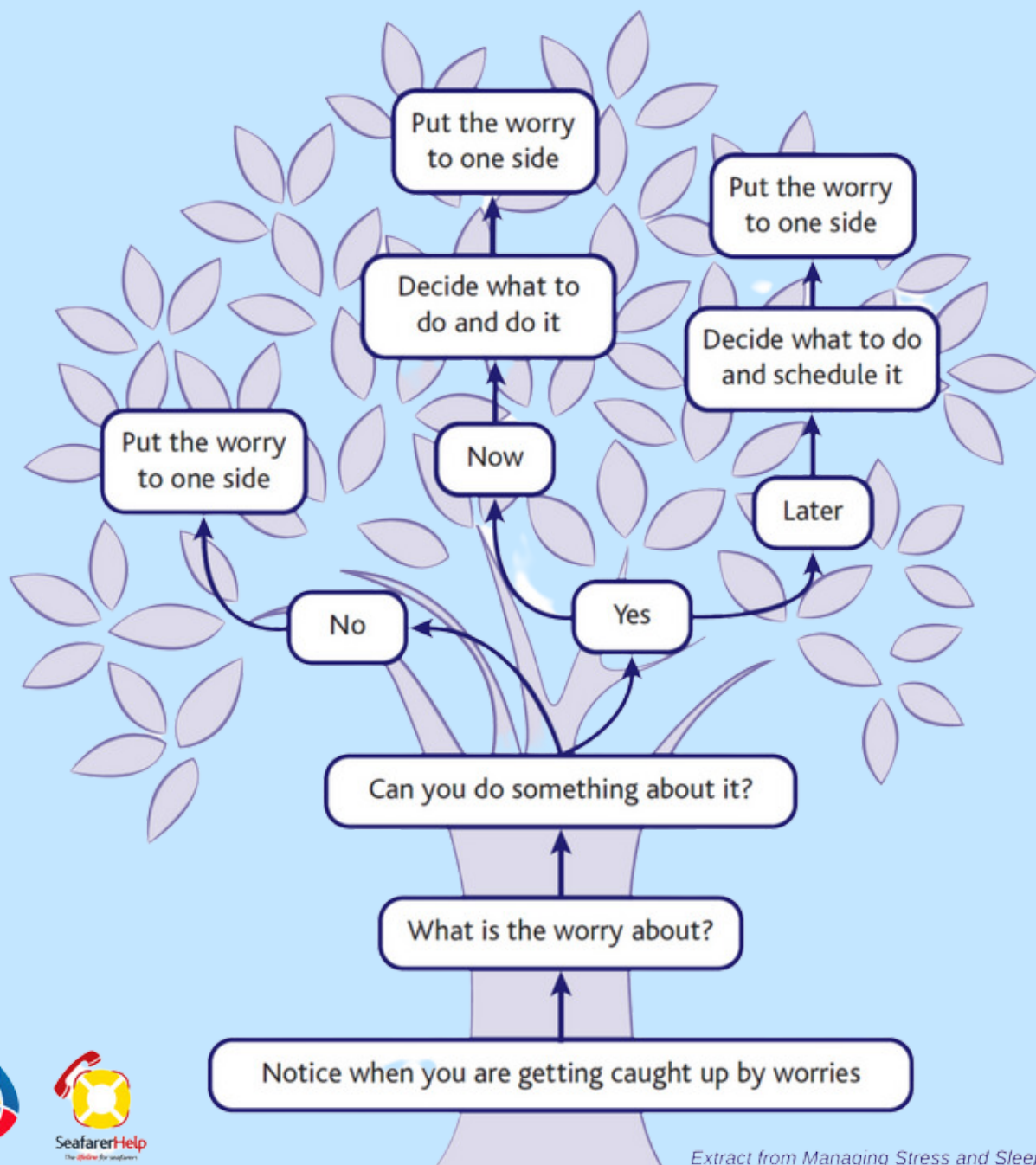


SO, WHY IS THIS GOAL IMPORTANT?



THE WORRY TREE

TAKE A LOOK AT THE DIAGRAM BELOW. USING THIS IN TIMES OF ANXIETY CAN HELP US EFFECTIVELY DEAL WITH WORRYING THOUGHTS. IF SOMETHING IS WORRYING YOU THAT IS EITHER HYPOTHETICAL OR CANNOT BE ACTED ON NOW, LET THE WORRY GO OR PUT IT TO ONE SIDE. YOU CAN USE DISTRACTION OR SELF-CARE TECHNIQUES TO HELP MANAGE THIS.



5-4-3-2-1

GROUNDING EXERCISE

5 THINGS YOU
CAN SEE

Look around. Identify 5 things you can see. Pay attention to their colours, shapes, and details

FOUR THINGS
YOU CAN TOUCH

Find 4 things around you that you can touch. Reach out and feel their texture and temperature

THREE THINGS
YOU CAN HEAR

Listen carefully to your surroundings. Identify three distinct sounds you can hear

TWO THINGS YOU
CAN SMELL

Pay attention to scents or smells in your environment. What does it smell like? What does it make you feel?

ONE THING YOU
CAN TASTE

If you have something nearby you can taste, take a small bite or sip. Notice the texture, taste, and focus on that



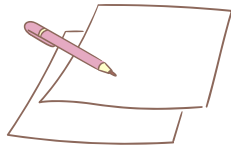
Create your Own Zeniangle

#01

Gather your Supplies

You will need:

- Plain paper
- Pen
- Pencil
- Rubber
- Ruler (optional)

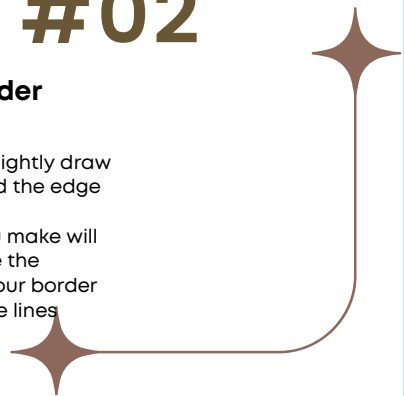


#02

Draw a Border

Use a pencil to lightly draw a border around the edge of your paper.

The pattern you make will be drawn inside the perimeters of your border. Don't worry if the lines aren't straight!

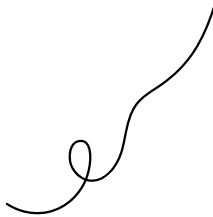


#03

Draw a string

Draw a 'string' inside the border.

A string is a curved line or squiggle that structures your design. Again, don't press down too hard as it won't be visible once you complete your tangle.



#04

Start Creating a Tangle

A tangle is a pattern drawn in pen along the contours of your string.

There is no right or wrong when it comes to creating your tangle!

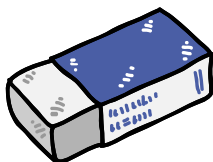


#05

Don't Erase Mistakes

You can't erase mistakes in pen.

Pay attention to each stroke you make. If you do make an error, run with it!



#06

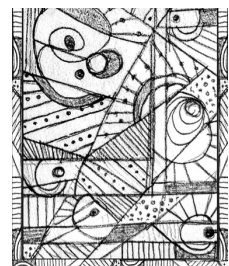
Keep going until you're finished

You'll know when you've finished your zen tangle.

Take some time to admire your creation!

Add Colour

Once you've finished your tangle, add colour to your art! (optional)

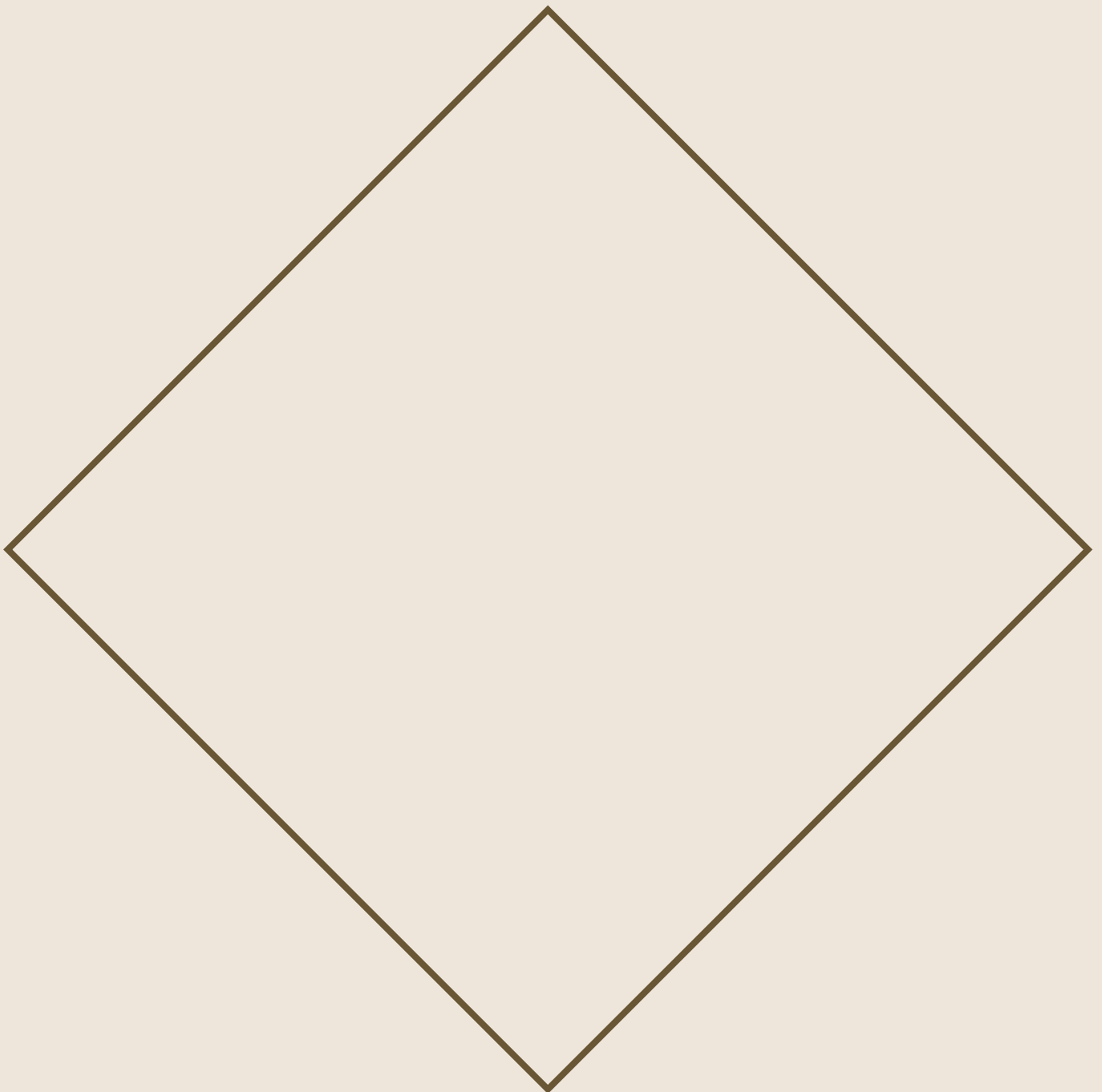


Create your own Zentangle!

There are many mental health benefits to zentangling,
including:

- Reducing anxiety symptoms
- Increasing Self-compassion
- Calming the mind
- Stress relieving

So, why not have a go at creating your own zentangle?



Zen Tangle Patterns

Struggling for inspiration? Here's some potential zen tangle patterns that you can use to create your own masterpiece!



Thank you!

You have now reached the end of this booklet!

If you enjoyed it, please leave us a comment on our Facebook, Instagram, or Twitter page, or feel free to send us an email with your artwork to LPT.recoverycollege@nhs.net

We appreciate all the support you've given us over the years, and continue to give us. We wouldn't be where we are without you all!

Once again, a big thank you from all of us here at the Recovery College, we hope to see you at some of our courses again soon!

The RC Team!



Kate
Operational Manager



Hoda
Peer Support Worker



Jamie
Peer Support Worker



Abbie
Outreach Worker



Sam
Deputy Manager



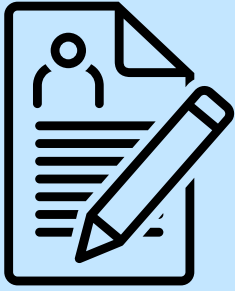
Meesha
Administration
Assistant



Jess
Administrator



How to Access the Recovery College



ENROL WITH US

If you are over 18 years of age, are accessing Leicestershire Partnership Mental Health services, are a Carer, Relative or Friend of someone who does, or are a LPT Staff Member and would like to attend a course, you will first need to enrol as a student with the college.

It's really simple, you can enrol:

Online: www.leicspart.nhs.uk/service/leicestershire-recovery-college/

By Phone: 0116 295 1196

By Email: LPT.RecoveryCollege@nhs.net

We will then contact you to complete your **Individual Learning Plan** (ILP) with you and book you on to the course(s) which you feel may help you most with your recovery journey.

Within the learning plan there is an opportunity to discuss any learning support needs you may have, from an educational or mental health perspective. We will then do everything we can to support you.



Connect With Us On Social Media!

Join us on Facebook, search; LPT Leicestershire Recovery College

You can follow us on X (Twitter), search; @recoverycollege

We finally have an Instragram! [LPTrecoverycollege](#)

