
SELF CARE WORKBOOK

Reclaim Your Balance

Revitalize Your Mind, Body, and Spirit



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WELCOME YOU



Thank you for reading this workbook and please give a big thank you to yourself because you are giving an opportunity to nurture self-love. It is all about YOU. This workbook is your compass, guiding you toward a place of inner peace, resilience, and well-being.

This self-care kit is a gentle reminder that you deserve love, care, and attention, just as much as anyone else in your life. The relentless strengths stem from within. It's an invitation to reconnect with your own heart, to listen to your inner voice, and to cherish the beautiful soul that you are.

Embrace the imperfections, the challenges, and the moments of self-discovery. Know that every step you take is a step towards greater self-love and self-acceptance.

*This journey is not about perfection;
it's about the progress of discovering who you are
and accepting yourself as you are.*



WHAT IS SELF-CARE?

Self-care is not indulgence or selfishness. Self-care is more than simply pampering oneself once in a while or indulging in pleasures. Rather, it is a conscious effort to prioritize our physical, mental, and emotional well-being. Like a cup of water, when we have a surplus of water, we are able to give to others. If we do not have self-love, we cannot give more to others.



Self-care involves setting boundaries, prioritizing our needs, and making time for activities that energize us. By engaging in self-care practices, we can prevent burnout and maintain our overall health and happiness.

When we neglect our own well-being, it becomes challenging to meet the demands of our careers and family life. We may start experiencing decreased productivity, increased stress levels, and difficulties in maintaining healthy relationships. On the other hand, when we prioritize self-care, we become more resilient, focused, and present in all areas of our lives.

BENEFITS OF SELF-CARE



Enhanced Physical Well-being

Prioritizing self-care through activities like exercise, healthy eating, and sleep can improve physical and mental well-being, boost energy, improve overall health, and enhance mood. This can improve the ability to handle the demands of work and family.



Increased Productivity and Efficiency

Prioritizing self-care helps recharge your batteries, leading to increased productivity and efficiency. Relaxing and rejuvenating allows you to handle daily tasks better at work and home.



Enhanced Emotional Well-being

Self-care activities such as journaling, meditation, or seeking therapy can help you process your emotions, reduce stress, and increase your overall happiness. When you prioritize self-care, you become more in tune with your emotions, enabling you to navigate the challenges of career and family life with greater ease.

CREATING SELF-CARE GOALS

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Tips for Creating Goals



- **Be Specific:** Define clear, actionable goals (e.g., "meditate for 10 minutes daily" rather than "reduce stress").
- **Start Small:** Focus on manageable steps that build into larger routines.
- **Balance Areas:** Include goals for physical, emotional, and mental well-being.
- **Set Realistic Time frames:** Ensure your goals are achievable within a specific period.



DAILY CHECK-IN

Start by taking a moment to reflect on you feelings. Take a deep breath, and as you exhale, consider the times when you felt the most content and alive. Make it a daily practice to check in with yourself and stay present in the moment.

What was the best thing that happened day?	
What happened today that I am grateful for?	
What did I learn today?	
Did I make time for myself today?	
What was my overall mood like today?	
What did I do to take care of myself this week?	
Was there anything that made me feel down?	
What do I want to change next week?	

MORNING AFFIRMATIONS

Begin your day with positive self-affirmations. Speak kindly to yourself, and remember that you are deserving of love.

- I am worthy of love and respect, just as I am.
- I believe in my abilities and trust my intuition.
- I am resilient and can overcome any challenge that comes my way.
- I am grateful for the gift of a new day and all its possibilities.
- I choose to focus on the present moment and let go of the past.
- I am constantly growing and learning from life's experiences.
- I deserve happiness and will not settle for anything less.
- I am proud of my accomplishments, both big and small.
- I am open to change and embrace the opportunities it brings.

Write down three affirmations tailored to your personal aspirations or challenges. Repeat them every morning for a week.





GRATITUDE JOURNAL

S M T W T F S DATE _____

Today I'm grateful for

1

2

3

Things that made me smile today



1



2



3

Something that
inspired me today

People I'm grateful
to have in my life

Notes & free thoughts



RELAXATION

SQUARE BREATHING

1 Find a quiet space

Sit comfortably in a peaceful space, avoid other disturb you.



2 Get Comfortable

Sit with your back straight slightly, strengthen your spine, shoulders relaxed.

3 Square Breathing Technique

- Inhale through your nose for a count of 4 slowly.
 - Hold your breath for 4 counts.
 - Exhale slowly through your mouth for 4 counts.
 - Hold your breath again for 4 counts.
 - Repeat for 5-10 cycles.
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4 Focus on Breath

If your mind wanders, gently return your focus to your breath. Start with 5-10 minutes, gradually increasing as you become more comfortable.

CLOSING

Thank You For Reading

Never forget that self-love is not just an act, it's a love letter to your own soul. It's a promise to nurture and cherish the beautiful soul that you are.

Self-care is not a one-time destination; it's an ongoing, beautiful process. A journey that will carry you through the storms and into the sunlight.

May your life continue to be filled with love and light. Feel free to share this workbook with anyone you care about.

With love and gratitude,
Rozan



Rozan Chan is a psychotherapist and counsellor, registered with BACP and HKPCA. She offers online counselling services for young people and adults, specializing in anxiety, trauma, career transitions, and life development. Her mission is to empower individuals to navigate their emotional and psychological challenges with confidence and resilience, fostering personal growth and mental well-being.

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